Early to Rise Customer Support

Shake FAQs

Honey - 2020-02-07 - 6 Minutes to Skinny

1) The workout is first, have the shake after the workout.

2) The shake is a breakfast substitute. You do not need to eat breakfast after the shake.

3) You do not have to use all of the different shakes. If there is one in particular you like better you can use that one.