Early to Rise Customer Support

What are the nutritional values in the smoothies i.e. calories, fat content, carbs?

Stephanie H - 2020-02-20 - Shakes

This will vary from shake to shake. The type of ingredients you select will have the biggest impact. For example, the Blender Base drink calls for 2 cups of almond milk. Based on the most popular brand of almond milk, depending on the variety you select that could be between 60 - 240 calories.

It's important to be aware of this when shopping for your smoothie ingredients. But what is more important is that you stick to your "6-Minutes to Skinny" program. Using the smart-movement patterns and giving your body the nutrition of these carefully-crafted drinks is what will make the difference in your fat-loss journey.

Nutrition Calculators such as the ones found on:

https://www.myfitnesspal.com/
http://www.mynetdiary.com/

and multiple other sites can help you determine the complete nutritional values of the smoothies based on the ingredients you select.