

Early to Rise Customer Support

Portal > Knowledgebase > 6 Minutes to Skinny > What is a substitute for NO Fruit in the shakes?

What is a substitute for NO Fruit in the shakes?

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

If you are unable to have any fruit in the shakes, I would suggest putting Daily Energy in the shakes as a substitute for the fruit and to avoid the smoothies that have a lot of fruit in them.