Early to Rise Customer Support

What should I do to make the shakes when I travel?

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If you travel a lot, you can still have a variation of the shakes. Craig recommends you take protein powder and a shaker bottle with you so that you at least have the protein. Eat an apple and/or 1oz of raw almonds with the shake if you are still hungry. Alternatively, have 3 hard boiled eggs and an apple.