

# Early to Rise Customer Support

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## When do I take Daily Energy with the 6 Minutes to Skinny program?

Stephanie H - 2020-02-20 - [6 Minutes to Skinny](#)

Thank you so much for choosing Daily Energy. It is the best decision you can make for your health today.

Here are three ways you can use Daily Energy in your fat burning, all-day-energy-boosting diet.

Option #1 (preferred):

Drink Daily Energy in cold water first thing in the morning on an empty stomach. Begin your workout 15-30 minutes later. After you finish your workout, have your fat-burning shake (using one of Craig's favorite shake recipes).

Option #2 (2nd best):

Wake up and do your workout within the hour. After you finish your workout, have your fat-burning shake (using one of Craig's favorite shake recipes) and add Daily Energy in place of a serving of fruit, because Daily Energy is sweet. For example, here is one of Craig's favorite after-exercise shakes that uses Daily Energy.

Blend the following ingredients in 8 ounces of cold water with 4 ice cubes:

Daily Energy

1 scoop vanilla protein powder

1 handful spinach (you can't taste it, trust me!)

1/2 banana or 1/3 avocado (use this if you want a thicker shake)

1 tablespoon almond butter (for healthy fats)

1/4 cup frozen blueberries (optional)

Craig has to fight off Bally the Dog for this one because it tastes so good!

Option #3:

Wake up and do your workout within the hour. After you finish your workout, have your fat-burning shake (using one of Craig's favorite shake recipes). Drink Daily Energy in cold water 30-minutes before lunch.