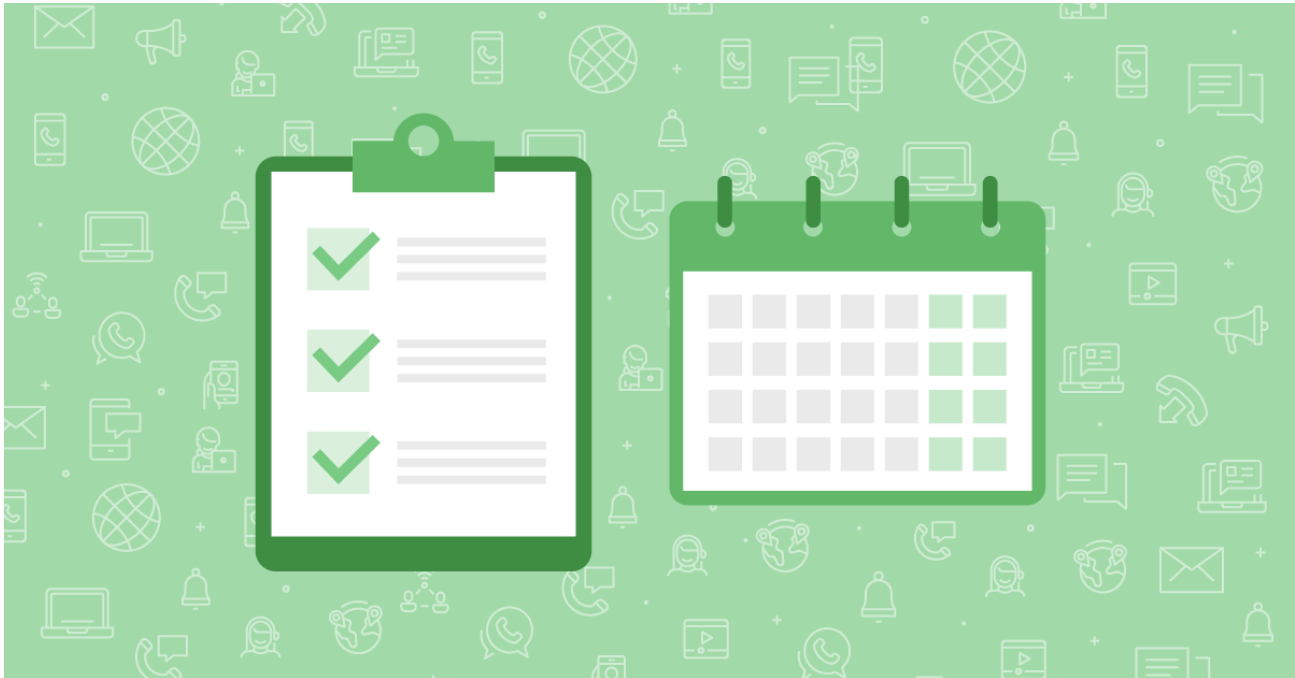


Best Time to Drink Meal Replacement Shake?

Meal replacement shakes are a great way to kick start a healthy lifestyle, lose weight, control blood sugar levels and much more. People can replace one or two meals each day depending on their goals, but often people ask which will be the right time to drink and get most of the benefits. What's you prefer?



☐ Breakfast

Breakfast is an important meal to feel energetic all along. Skipping breakfast can make you less active and create a nutrient deficiency. [Meal replacement shakes](#) are a great choice to replace your breakfast with a simple, light, yet nutritious meal.

☐ Lunch

Some days, you don't have time to cook a healthy lunch filled with nutrients but low in carbs. Rather than eating unhealthy food, mix 2 scoops of meal shake powder with water to drink and grab a fruit to complete a healthy lunch.

☐ Dinner

Dinner must be light and satisfying to avoid late-night eating cravings. Eating a heavy meal at night can disturb your sleeping pattern. Therefore, replace your dinner meal with a light, filling, and nutritious meal replacement shake.

☐ As a Snack (Between Meals)

When your goal is to maintain a healthy lifestyle rather than lose weight. You can drink a meal replacement shake to replace a snack between your meals. Try different recipes with meal powder to satisfy fast food cravings.

☐ Other

Some people also prefer to drink a meal shake as a pre-workout or post-workout drink. They contain high protein and a series of amino acids necessary for workout recovery and losing weight.