



**28 DAY CHALLENGE**

**DAY 13**

# Day 13

28 Day Challenge - Day 13

Hey guys!

Welcome to prep for day 13. We have some exciting new additions.

Recipe time! We have a stack of new recipes for you. By now you should have a good idea of the foods that might have been causing you digestive issues before (because we removed a lot over the first two weeks)

Now take that new found knowledge and utilize these amazing recipes to help you on your way to progress. They are pre calculated so all you need to do is run your numbers - [www.davidkingsbury.co.uk/calorie-calculator](http://www.davidkingsbury.co.uk/calorie-calculator)

Then you can select to the closest 100 calls from this list

<https://account.davidkingsbury.co.uk/app-food/?carblevel=medium&calories=1700>

<https://account.davidkingsbury.co.uk/app-food/?carblevel=medium&calories=1800>

<https://account.davidkingsbury.co.uk/app-food/?carblevel=medium&calories=1900>

<https://account.davidkingsbury.co.uk/app-food/?carblevel=medium&calories=2000>

<https://account.davidkingsbury.co.uk/app-food/?carblevel=medium&calories=2100>

<https://account.davidkingsbury.co.uk/app-food/?carblevel=medium&calories=2200>

<https://account.davidkingsbury.co.uk/app-food/?carblevel=medium&calories=2300>

<https://account.davidkingsbury.co.uk/app-food/?carblevel=medium&calories=2400>

<https://account.davidkingsbury.co.uk/app-food/?carblevel=medium&calories=2500>

<https://account.davidkingsbury.co.uk/app-food/?carblevel=medium&calories=2600>

<https://account.davidkingsbury.co.uk/app-food/?carblevel=medium&calories=2700>

<https://account.davidkingsbury.co.uk/app-food/?carblevel=medium&calories=2800>

<https://account.davidkingsbury.co.uk/app-food/?carblevel=medium&calories=2900>

<https://account.davidkingsbury.co.uk/app-food/?carblevel=medium&calories=3000>

<https://account.davidkingsbury.co.uk/app-food/?carblevel=medium&calories=3100>

<https://account.davidkingsbury.co.uk/app-food/?carblevel=medium&calories=3200>

<https://account.davidkingsbury.co.uk/app-food/?carblevel=medium&calories=3300>

<https://account.davidkingsbury.co.uk/app-food/?carblevel=medium&calories=3400>

<https://account.davidkingsbury.co.uk/app-food/?carblevel=medium&calories=3500>