



28 DAY CHALLENGE

DAY 15-20

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We will be working through the new training updates last mentioned.

Also working through the new recipes.

We will then have a ramp up for the last 8 days!!!

28 Day Challenge RECAP

For this day we are going to take a look at progress and see where you are at!

If you head to the progress tab on discord and send through how everything is going. Picture updates are always a great option here.

Also if you can do a review of how you have been getting on with the nutrition that would be amazing!

Also a few bits to review.

Have you checked the nutrition updates?

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

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>