An integer has *sequential digits* if and only if each digit in the number is one more than the previous digit.

Return a **sorted** list of all the integers in the range [low, high] inclusive that have sequential digits.

**Example 1:**

**Input:** low = 100, high = 300

**Output:** [123,234]

**Example 2:**

**Input:** low = 1000, high = 13000

**Output:** [1234,2345,3456,4567,5678,6789,12345]

**Constraints:**

* 10 <= low <= high <= 10^9