**Sunday 01 September 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike heads down the infamous Southern Highlands Pie Trail for the upcoming Pie Fest. Matt gets a behind the scenes look at Priscilla: The Musical. Lizzy checks out the Coogee Bay Hotel. Starring:BECK STEVENS,JASON STEVENS,ERICA DAVIS,LIZZY LOVETTE,MIKE WHITNEY,MATT BASELEY | **G**  +7SWE25-016+ |

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| 06:30 | **Rachael Ray's Week In A Day: Fall In Love With Fall (R)**  All the autumn flavors you love come together for a week's worth of meals that your whole family will fall for. | **PG**  +WIAD03-007+ |

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| 07:30 | **Iron Chef America: Guarnaschelli VS. Williams (R)**  Boston Chef Douglass Williams makes the most of a little vegetable in a battle against Iron Chef Alex Guarnaschelli. Ming-Na Wen and John T. Edge will determine which chef triumphs. | **PG**  +ICAM13-008+ |

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| 08:30 | **Iron Chef America: Guarnaschelli VS. Anderson (R)**  Richmond, Virginia's schnitzel queen, Chef Brittanny Anderson, hopes that she doesn't leave Kitchen Stadium feeling blue after battling one of the Chairman's best, Iron Chef Alex Guarnaschelli. | **PG**  +ICAM13-009+ |

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| 09:30 | **My France With Manu: The Pyrenees (R) ’CC’**  Manu returns to take us on another journey through his home country exploring the streets of Paris. its delights, and even learning the Can Can. | **PG (N)**  +MANU03-001+ |

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| 10:30 | **My Ireland With Colin (R) ’CC’**  Colin visits the heartland of traditional Ireland, County Mayo, where he learns to control a flock of Atlantic Sea Spray Lambs and argues with the locals about how best to cook their famous lamb chops | **PG**  +COLI-002+ |

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| 11:30 | **Diners, Drive-Ins and Dives: Comfort And Soul (R)**  Guy Fieri's hittin' up some joints that'll warm the palate and the soul. | **PG**  +DDID18-008+ |

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| 12:00 | **Diners, Drive-Ins and Dives: Pork, Pasta And Barbecue (R)**  Guy Fieri's checking out some tried and true local faves. | **PG**  +DDID18-009+ |

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| 12:30 | **Ten Dollar Dinners: Open-Air Fare**  Melissa d'Arabian makes ooey, gooey Three Cheese Steak Sandwiches with a side of Crispy Oven Fries. For something a little sweet, Caramel Apples rolled in your favorite candies. | **G**  +TEDD06-001+ |

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| 13:00 | **My France With Manu: The Pyrenees (R) ’CC’**  Manu returns to take us on another journey through his home country exploring the streets of Paris. its delights, and even learning the Can Can. | **PG (N)**  +MANU03-001+ |

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| 16:00 | **Iron Chef America: Guarnaschelli VS. Williams (R)**  Boston Chef Douglass Williams makes the most of a little vegetable in a battle against Iron Chef Alex Guarnaschelli. Ming-Na Wen and John T. Edge will determine which chef triumphs. | **PG**  +ICAM13-008+ |

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| 17:00 | **Iron Chef America: Guarnaschelli VS. Anderson (R)**  Richmond, Virginia's schnitzel queen, Chef Brittanny Anderson, hopes that she doesn't leave Kitchen Stadium feeling blue after battling one of the Chairman's best, Iron Chef Alex Guarnaschelli. | **PG**  +ICAM13-009+ |

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| 18:00 | **Kid's Baking Championship: Lunchbox Impostors (R)**  Valerie Bertinelli and Duff Goldman have fond memories of the lunches they took to school as kids, so they're challenging the six kid bakers to look at lunch in a new way. | **PG**  +KBAC04-007+ |

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| 19:00 | **Ridiculous Cakes: High Stakes And Tall Cakes (R)**  Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG**  +RICA01-002+ |
| 19:30 | **Crazy Cakes: Carnivals, Cityscapes And Glowing Cakes NEW EPISODE**  A carnival-themed wedding cake comes complete with a tunnel of love, a Hollywood cityscape pleases everyone at a fundraiser, a baker creates a glow-in-the-dark jellyfish cake and more. | **PG**  +CRAZ01-001+ |

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| 20:00 | **Reality Cupcakes: Baked And Confused NEW EPISODE**  Baker Ashley Foxen takes food artistry to new heights with her lookalike cupcakes that are both sweet and clever. | **PG**  +RCUP01-001+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: La Parra (R) ’CC’**  Gordon travels to Spain in his attempt to save La Parra Restaurant, run by a twenty-six-year-old former nightclub manager. | **MA (L)**  +RAKN03-001+ |

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| 21:30 | **Cupcake Wars: American Music Awards NEW EPISODE**  Four returning Cupcake Wars champions fight to present their cupcakes to music's biggest celebrities at the after party for the American Music Awards. | **PG**  +CUPW04-006+ |

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| 22:30 | **Cake Wars: LEGO NEW EPISODE**  It all begins with a brick as four talented cake bakers piece together incredible LEGO-themed cake creations. | **PG**  +CAKW01-006+ |

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| 23:30 | **Ridiculous Cakes: High Stakes And Tall Cakes (R)**  Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG**  +RICA01-002+ |

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| 00:00 | **Crazy Cakes: Carnivals, Cityscapes And Glowing Cakes (R)**  A carnival-themed wedding cake comes complete with a tunnel of love, a Hollywood cityscape pleases everyone at a fundraiser, a baker creates a glow-in-the-dark jellyfish cake and more. | **PG**  +CRAZ01-001+ |

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| 01:00 | **Rachael Ray's Week In A Day: Fall In Love With Fall (R)**  All the autumn flavors you love come together for a week's worth of meals that your whole family will fall for. | **PG**  +WIAD03-007+ |

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| 02:00 | **The Great Day Out (R) ’CC’**  Alastair gets a taste of the south east's newest night markets and Sofie is back in paradise. | **G**  +GDOT18-043+ |

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| 02:30 | **Home In WA**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-004+ |

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike takes his Isuzu through its paces at the I-Venture Club 4WD Experience at River Island. Fliss visits Avoca Surf House. Karen gets a 'beer-ducation' with Dave's Travel and Events. Starring:ERICA DAVIS,FELICITY URQUHART,KAREN LEDBURY,SALLY STANTON,MIKE WHITNEY | **G**  +7SWE25-017+ |

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| 03:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-027+ |

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| 04:00 | **Queensland Weekender (R) ’CC’**  Bridget has found a place where it is Christmas all year round. We chat to Aussie actor and author, William McInnes. While Luke and Cody are heading to an iconic attraction and celebrated festival. | **G**  +7QWE18-037+ |

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| 04:30 | **Creek To Coast (R) ’CC’**  Scott takes his good mate Nova breakfast radio presenter Ash Bradnam on a fishing trip south, from the Gold Coast to Ballina and Yamba. | **G**  +7CTC18-022+ |

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| 05:00 | **Rachael Ray's Week In A Day: Fall In Love With Fall (R)**  All the autumn flavors you love come together for a week's worth of meals that your whole family will fall for. | **PG**  +WIAD03-007+ |

**Monday 02 September 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike takes his Isuzu through its paces at the I-Venture Club 4WD Experience at River Island. Fliss visits Avoca Surf House. Karen gets a 'beer-ducation' with Dave's Travel and Events. Starring:ERICA DAVIS,FELICITY URQUHART,KAREN LEDBURY,SALLY STANTON,MIKE WHITNEY | **G**  +7SWE25-017+ |

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| 06:30 | **Kid's Baking Championship: Lunchbox Impostors (R)**  Valerie Bertinelli and Duff Goldman have fond memories of the lunches they took to school as kids, so they're challenging the six kid bakers to look at lunch in a new way. | **PG**  +KBAC04-007+ |

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| 07:30 | **Cake Wars: LEGO (R)**  It all begins with a brick as four talented cake bakers piece together incredible LEGO-themed cake creations. | **PG**  +CAKW01-006+ |

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| 08:30 | **Cupcake Wars: American Music Awards (R)**  Four returning Cupcake Wars champions fight to present their cupcakes to music's biggest celebrities at the after party for the American Music Awards. | **PG**  +CUPW04-006+ |

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| 09:30 | **Crazy Cakes: Carnivals, Cityscapes And Glowing Cakes (R)**  A carnival-themed wedding cake comes complete with a tunnel of love, a Hollywood cityscape pleases everyone at a fundraiser, a baker creates a glow-in-the-dark jellyfish cake and more. | **PG**  +CRAZ01-001+ |

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| 10:00 | **Reality Cupcakes: Baked And Confused (R)**  Baker Ashley Foxen takes food artistry to new heights with her lookalike cupcakes that are both sweet and clever. | **PG**  +RCUP01-001+ |

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| 10:30 | **Better Homes And Gardens (R) ’CC’**  Homes and gardens come alive in this lifestyle show packed full of home decorating tips, recipes, craft ideas, DIY projects and how tos. | **G**  +BHAG25-031+ |

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| 12:00 | **Cupcake Wars: American Music Awards (R)**  Four returning Cupcake Wars champions fight to present their cupcakes to music's biggest celebrities at the after party for the American Music Awards. | **PG**  +CUPW04-006+ |

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| 13:00 | **Cake Wars: LEGO (R)**  It all begins with a brick as four talented cake bakers piece together incredible LEGO-themed cake creations. | **PG**  +CAKW01-006+ |

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| 14:00 | **Kid's Baking Championship: Lunchbox Impostors (R)**  Valerie Bertinelli and Duff Goldman have fond memories of the lunches they took to school as kids, so they're challenging the six kid bakers to look at lunch in a new way. | **PG**  +KBAC04-007+ |

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| 15:00 | **Ridiculous Cakes: High Stakes And Tall Cakes (R)**  Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG**  +RICA01-002+ |

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| 15:30 | **Baked In Vermont: Campfire Bake (R)**  Gesine Prado is baking over an open flame as she and Ray help move their good friend and park ranger Agnes into her station for the season. | **PG**  +BAVE02-009+ |

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| 16:00 | **House Of Wellness (R) ’CC’**  Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Rachael Finch, Jo Stanley and Luke Hines. | **PG**  +HOWL03-028+ |

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| 17:00 | **Giada At Home: Happy Holidays (R)**  Giada De Laurentiis and her family celebrate Christmas California-style with a beautiful holiday dinner on the beach. | **PG**  +GIHO05-003+ |

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| 17:30 | **The Kitchen: Our Best Fall Finds (R)**  The Kitchen is sharing a love for autumn with new and creative recipes like Sunny Anderson's secret ingredient Red Eye Beef Stew and Geoffrey Zakarian's Thai Fried Riced Cauliflower. | **PG**  +TKIT15-003+ |

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| 18:30 | **Chopped: Bacon Boys (R)**  Four self-assured guys are lucky to get bacon as their theme, but how will these "bacon boys" do in the first round with bacon in the baskets alongside banana jam? | **PG**  +CHPD27-013+ |

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| 19:30 | **Buddy vs. Duff PREMIERE**  Elite bakers Buddy Valastro and Duff Goldman face off in an epic baking battle. The winner of this battle is crowned the undisputed king of cake on the series. | **PG**  +BUDD01-001+ |

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| 20:30 | **Hell's Kitchen USA NEW EPISODE**  World renowned chef Gordon Ramsay puts aspiring young chefs through rigorous cooking challenges and dinner services at his restaurant in Hollywood. | **M (L)**  +HEKI14-015+ |

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| 21:30 | **Hell's Kitchen USA NEW EPISODE**  World renowned chef Gordon Ramsay puts aspiring young chefs through rigorous cooking challenges and dinner services at his restaurant in Hollywood. | **M (L)**  +HEKI14-016+ |

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| 22:30 | **Ramsay's Kitchen Nightmares: Morgans (R) ’CC’**  Gordon grapples with girl power when he takes on an intimate family-run restaurant in the heart of WAG territory near Liverpool. | **MA (L)**  +RAKN03-004+ |

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| 23:30 | **Buddy vs. Duff (R)**  Elite bakers Buddy Valastro and Duff Goldman face off in an epic baking battle. The winner of this battle is crowned the undisputed king of cake on the series. | **PG**  +BUDD01-001+ |

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| 00:30 | **Chopped: Bacon Boys (R)**  Four self-assured guys are lucky to get bacon as their theme, but how will these "bacon boys" do in the first round with bacon in the baskets alongside banana jam? | **PG**  +CHPD27-013+ |

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| 01:30 | **Baked In Vermont: Campfire Bake (R)**  Gesine Prado is baking over an open flame as she and Ray help move their good friend and park ranger Agnes into her station for the season. | **PG**  +BAVE02-009+ |

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| 02:00 | **The Great Day Out (R) ’CC’**  Laurel meets the women behind an exotic Brisbane marketplace, Alastair has Ipswich's dining scene covered and Tamsyn WAGS work for a little Wednesday Afternoon Sailing. | **G**  +GDOT18-044+ |

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| 02:30 | **Home In WA**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-005+ |

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike heads to Yamba. Karen picks up some power tools at MotoRRetro. Jason and Beck check out some of In2TheWild's tiny luxury houses. Starring:BECK STEVENS,JASON STEVENS,ERICA DAVIS,DARREN COGGAN,KAREN LEDBURY,MIKE WHITNEY | **G**  +7SWE25-018+ |

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| 03:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-028+ |

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| 04:00 | **Queensland Weekender (R) ’CC’**  Lee puts his new dive ticket into practice and meets the Warriors of the Reef. | **G**  +7QWE18-038+ |

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| 04:30 | **Creek To Coast (R) ’CC’**  Olivia is in Rockhampton, a town full of mad keen fishers. Billy is getting down and dirty and Scott is pulling in big ones with mate Andrew. | **G**  +7CTC18-023+ |

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| 05:00 | **The Great Day Out (R) ’CC’**  Laurel meets the women behind an exotic Brisbane marketplace, Alastair has Ipswich's dining scene covered and Tamsyn WAGS work for a little Wednesday Afternoon Sailing. | **G**  +GDOT18-044+ |

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| 05:30 | **Home In WA (R)**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-005+ |

**Tuesday 03 September 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike heads to Yamba. Karen picks up some power tools at MotoRRetro. Jason and Beck check out some of In2TheWild's tiny luxury houses. Starring:BECK STEVENS,JASON STEVENS,ERICA DAVIS,DARREN COGGAN,KAREN LEDBURY,MIKE WHITNEY | **G**  +7SWE25-018+ |

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| 06:30 | **Baked In Vermont: Campfire Bake (R)**  Gesine Prado is baking over an open flame as she and Ray help move their good friend and park ranger Agnes into her station for the season. | **PG**  +BAVE02-009+ |

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| 07:00 | **Easy Chinese: Veggie-Love (R)**  Ching-He Huang has a goal - to make the vegetables the star of the plate. She takes a tour of restaurants with some unique vegetarian dishes. | **PG**  +EACH02-012+ |

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| 07:30 | **The Kitchen: Our Best Fall Finds (R)**  The Kitchen is sharing a love for autumn with new and creative recipes like Sunny Anderson's secret ingredient Red Eye Beef Stew and Geoffrey Zakarian's Thai Fried Riced Cauliflower. | **PG**  +TKIT15-003+ |

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| 08:30 | **My Greek Odyssey (R) ’CC’**  In this episode, Peter travels to Ithaki, home of legendary Greek hero Odysseus, as well as the island of Lefkada. | **PG (A,L)**  +MYGO01-011+ |

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| 09:30 | **Giada At Home: Happy Holidays (R)**  Giada De Laurentiis and her family celebrate Christmas California-style with a beautiful holiday dinner on the beach. | **PG**  +GIHO05-003+ |

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| 10:00 | **Easy Chinese: Veggie-Love (R)**  Ching-He Huang has a goal - to make the vegetables the star of the plate. She takes a tour of restaurants with some unique vegetarian dishes. | **PG**  +EACH02-012+ |

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| 10:30 | **Baked In Vermont: Vermont Country Boil (R)**  Gesine Prado's friends from down south are coming up to visit their kids attending university nearby so she's throwing a Vermont-style Low Country boil for them. | **PG**  +BAVE02-010+ |

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| 11:00 | **My Greek Odyssey (R) ’CC’**  In this episode, Peter travels to Ithaki, home of legendary Greek hero Odysseus, as well as the island of Lefkada. | **PG (A,L)**  +MYGO01-011+ |

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| 12:00 | **The Kitchen: Our Best Fall Finds (R)**  The Kitchen is sharing a love for autumn with new and creative recipes like Sunny Anderson's secret ingredient Red Eye Beef Stew and Geoffrey Zakarian's Thai Fried Riced Cauliflower. | **PG**  +TKIT15-003+ |

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| 13:00 | **Chopped: Bacon Boys (R)**  Four self-assured guys are lucky to get bacon as their theme, but how will these "bacon boys" do in the first round with bacon in the baskets alongside banana jam? | **PG**  +CHPD27-013+ |

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| 14:00 | **Giada At Home: Happy Holidays (R)**  Giada De Laurentiis and her family celebrate Christmas California-style with a beautiful holiday dinner on the beach. | **PG**  +GIHO05-003+ |

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| 14:30 | **My Greek Odyssey (R) ’CC’**  In this episode, Peter travels to Ithaki, home of legendary Greek hero Odysseus, as well as the island of Lefkada. | **PG (A,L)**  +MYGO01-011+ |

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| 15:30 | **Buddy vs. Duff (R)**  Elite bakers Buddy Valastro and Duff Goldman face off in an epic baking battle. The winner of this battle is crowned the undisputed king of cake on the series. | **PG**  +BUDD01-001+ |

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| 16:30 | **Easy Chinese: Veggie-Love (R)**  Ching-He Huang has a goal - to make the vegetables the star of the plate. She takes a tour of restaurants with some unique vegetarian dishes. | **PG**  +EACH02-012+ |

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| 17:00 | **Giada At Home: Milestone Recipes (R)**  Giada De Laurentiis makes four recipes inspired by important moments in her life and career. | **PG**  +GIHO05-004+ |

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| 17:30 | **The Kitchen: Just Desserts (R)**  The Kitchen is satisfying every sweet tooth with a show full of holiday desserts, starting with Geoffrey Zakarian's Quick Caramelized Apple Tart. | **PG**  +TKIT15-004+ |

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| 18:30 | **Chopped: Food Truck Luck (R)**  Which food truck chef will fortune shine upon in this competition of determined mobile meal vendors? | **PG**  +CHPD35-001+ |

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| 19:30 | **Mystery Diners: Thanksgiving Thievery (R)**  Kristian, owner of Tavern on Main outside of Los Angeles, fears someone on his staff is stealing donations from his restaurant's annual Thanksgiving Food Drive. | **PG**  +MYSD08-001+ |

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| 20:00 | **Mystery Diners: Employee Discount (R)**  Andy, owner of 55 Degree Wine and Link N Hops in Los Angeles, believes discrepancies at both his wine shop and restaurant are somehow related. | **PG**  +MYSD08-002+ |

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| 20:30 | **Restaurant: Impossible: Something's Fishy (R)**  Chef Robert Irvine travels to Fishkill, N.Y., to help Joe and Dena save their floundering restaurant, Joe Willy's Seafood House. | **PG**  +RIMP06-001+ |

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| 21:30 | **Restaurant: Impossible: Father Knows Worst (R)**  Chef Robert Irvine heads to Murrells Inlet, S.C. to help George and Theresa save their 16-year old family-run Old World Italian Restaurant. | **M (L)**  +RIMP06-002+ |

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| 22:30 | **Mystery Diners: Thanksgiving Thievery (R)**  Kristian, owner of Tavern on Main outside of Los Angeles, fears someone on his staff is stealing donations from his restaurant's annual Thanksgiving Food Drive. | **PG**  +MYSD08-001+ |

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| 00:30 | **Baked In Vermont: Vermont Country Boil (R)**  Gesine Prado's friends from down south are coming up to visit their kids attending university nearby so she's throwing a Vermont-style Low Country boil for them. | **PG**  +BAVE02-010+ |

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| 01:00 | **Queensland Weekender (R) ’CC’**  Sammie's on a spectacular journey through the state's south-west, from surfing dunes, to desert golf and Outback Olympics. | **G**  +7QWE18-039+ |

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| 01:30 | **Creek To Coast (R) ’CC’**  Olivia is up in Rocky with Women that Fish, Duane is swimming with whales, Andrew has an easy recipe and Scotty is testing his fear of heights over the Fraser Coast hidden gem, Rainbow Beach. | **G**  +7CTC18-024+ |

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| 02:00 | **The Great Day Out (R) ’CC’**  Home and Away's Sophie Dillman shares her Great Day Out while Jillian samples some of Queensland's best produce. | **G**  +GDOT18-045+ |

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| 02:30 | **Home In WA**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-006+ |

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike hops over to Kangaroo Valley for an unforgettable adventure. Lizzy checks out the Yarrangobilly Caves. Matt goes to Base 101 Studios for a dance lesson with Samson from Justice Crew. | **G**  +7SWE25-019+ |

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| 03:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-029+ |

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| 04:00 | **Queensland Weekender (R) ’CC’**  Sammie's on a spectacular journey through the state's south-west, from surfing dunes, to desert golf and Outback Olympics. | **G**  +7QWE18-039+ |

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| 04:30 | **Creek To Coast (R) ’CC’**  Olivia is up in Rocky with Women that Fish, Duane is swimming with whales, Andrew has an easy recipe and Scotty is testing his fear of heights over the Fraser Coast hidden gem, Rainbow Beach. | **G**  +7CTC18-024+ |

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| 05:00 | **The Great Day Out (R) ’CC’**  Home and Away's Sophie Dillman shares her Great Day Out while Jillian samples some of Queensland's best produce. | **G**  +GDOT18-045+ |

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| 05:30 | **Home In WA (R)**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-006+ |

**Wednesday 04 September 2019**

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| 06:00 | **Restaurant: Impossible: Something's Fishy (R)**  Chef Robert Irvine travels to Fishkill, N.Y., to help Joe and Dena save their floundering restaurant, Joe Willy's Seafood House. | **PG**  +RIMP06-001+ |

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| 07:00 | **Easy Chinese: A Day In Chinatown (R)**  Ching-He Huang explores the rich Chinese culture found in Manhattan's Chinatown, including ping pong, tai chi and a dim sum house and classic food carts. | **PG**  +EACH02-013+ |

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| 07:30 | **The Kitchen: Just Desserts (R)**  The Kitchen is satisfying every sweet tooth with a show full of holiday desserts, starting with Geoffrey Zakarian's Quick Caramelized Apple Tart. | **PG**  +TKIT15-004+ |

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| 08:30 | **Restaurant: Impossible: Father Knows Worst (R)**  Chef Robert Irvine heads to Murrells Inlet, S.C. to help George and Theresa save their 16-year old family-run Old World Italian Restaurant. | **PG**  +RIMP06-002+ |

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| 09:30 | **Giada At Home: Milestone Recipes (R)**  Giada De Laurentiis makes four recipes inspired by important moments in her life and career. | **PG**  +GIHO05-004+ |

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| 10:00 | **Easy Chinese: A Day In Chinatown (R)**  Ching-He Huang explores the rich Chinese culture found in Manhattan's Chinatown, including ping pong, tai chi and a dim sum house and classic food carts. | **PG**  +EACH02-013+ |

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| 10:30 | **The Pioneer Woman: Dorm Room Dining (R)**  Ree Drummond is sharing some great ideas for simple, minimal-prep dorm room food made with basic tools, such as Waffle Maker Pizzas, Paninis and Quesadillas. | **PG**  +PIWO12-001+ |

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| 11:00 | **Restaurant: Impossible: Something's Fishy (R)**  Chef Robert Irvine travels to Fishkill, N.Y., to help Joe and Dena save their floundering restaurant, Joe Willy's Seafood House. | **PG**  +RIMP06-001+ |

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| 12:00 | **The Kitchen: Just Desserts (R)**  The Kitchen is satisfying every sweet tooth with a show full of holiday desserts, starting with Geoffrey Zakarian's Quick Caramelized Apple Tart. | **PG**  +TKIT15-004+ |

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| 13:00 | **Chopped: Food Truck Luck (R)**  Which food truck chef will fortune shine upon in this competition of determined mobile meal vendors? | **PG**  +CHPD35-001+ |

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| 14:00 | **Giada At Home: Milestone Recipes (R)**  Giada De Laurentiis makes four recipes inspired by important moments in her life and career. | **PG**  +GIHO05-004+ |

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| 14:30 | **Restaurant: Impossible: Father Knows Worst (R)**  Chef Robert Irvine heads to Murrells Inlet, S.C. to help George and Theresa save their 16-year old family-run Old World Italian Restaurant. | **PG**  +RIMP06-002+ |

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| 15:30 | **Mystery Diners: Thanksgiving Thievery (R)**  Kristian, owner of Tavern on Main outside of Los Angeles, fears someone on his staff is stealing donations from his restaurant's annual Thanksgiving Food Drive. | **PG**  +MYSD08-001+ |

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| 16:00 | **Mystery Diners: Employee Discount (R)**  Andy, owner of 55 Degree Wine and Link N Hops in Los Angeles, believes discrepancies at both his wine shop and restaurant are somehow related. | **PG**  +MYSD08-002+ |

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| 16:30 | **Easy Chinese: A Day In Chinatown (R)**  Ching-He Huang explores the rich Chinese culture found in Manhattan's Chinatown, including ping pong, tai chi and a dim sum house and classic food carts. | **PG**  +EACH02-013+ |

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| 17:00 | **Giada At Home: Chicken Three Ways (R)**  Giada De Laurentiis makes one delicious chicken and turns it into a handful of elegant dishes that you can enjoy any night of the week. | **PG**  +GIHO05-005+ |

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| 17:30 | **The Kitchen: Friendsgiving Feast (R)**  The Kitchen hosts a star-studded Friendsgiving feast with Food Network friends Ree Drummond, Eddie Jackson and Trisha Yearwood. | **PG**  +TKIT15-005+ |

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| 18:30 | **Chopped: Spooked (R)**  Creepy surprises and freaky finds - the chefs are sure to be spooked by what they get in the baskets for Halloween. | **PG**  +CHPD35-002+ |

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| 19:30 | **Restaurant: Impossible: Outside The Box (R)**  When Chef Robert arrives at the Coach Lamp Restaurant & Pub in Louisville, Ky., he's baffled; the restaurant looks nice, the food tastes good. He must piece together why it's failing. | **PG**  +RIMP07-004+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: La Parra (R) ’CC’**  Gordon travels to Spain in his attempt to save La Parra Restaurant, run by a twenty-six-year-old former nightclub manager. | **MA (L)**  +RAKN03-001+ |

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| 21:30 | **Mystery Diners: Going To The Dogs (R)**  Charles helps the co-owners of "Shades Oceanfront Bistro" in San Diego, which caters to both human and canine customers, get to the bottom of a discrepancy in their chicken and beef supply. | **PG**  +MYSD07-001+ |

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| 22:00 | **Mystery Diners: Cocktail Fail (R)**  A tense rivalry between two flair bartenders and missing alcohol are among the problems investigated by Charles and the team, when they arrive at the "Compass" in Carlsbad, California. | **PG**  +MYSD07-002+ |

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| 22:30 | **Restaurant: Impossible: Outside The Box (R)**  When Chef Robert arrives at the Coach Lamp Restaurant & Pub in Louisville, Ky., he's baffled; the restaurant looks nice, the food tastes good. He must piece together why it's failing. | **PG**  +RIMP07-004+ |

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| 23:30 | **The Grill Dads: Flavor Big, Flavor Deep**  The Grill Dads outrageous adventures in eating take them to Jackson, to feast on a tender pork shank that's breaded and deep fried into crispy, juicy goodness. | **PG**  +GRIL01-008+ |

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| 00:00 | **Carnival Kings: Frozen Treat Tag - You're It!**  Matt Holguin of Fabe's Churros and Gelato has taken over the Alameda County Fair with his Bacon Caramel Gelato Milkshake, and now Richie has just 24 hours to come up with his own spin. | **PG**  +CKIN01-008+ |

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| 00:30 | **Chopped: Spooked (R)**  Creepy surprises and freaky finds - the chefs are sure to be spooked by what they get in the baskets for Halloween. | **PG**  +CHPD35-002+ |

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| 01:30 | **The Pioneer Woman: Dorm Room Dining (R)**  Ree Drummond is sharing some great ideas for simple, minimal-prep dorm room food made with basic tools, such as Waffle Maker Pizzas, Paninis and Quesadillas. | **PG**  +PIWO12-001+ |

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| 02:00 | **The Great Day Out (R) ’CC’**  Laurel is exploring a beautiful hinterland town, Courtney is enjoying a crafternoon, Tamsyn discovers her new favourite sport and Alastair is on a Queensland food trek. | **G**  +GDOT18-046+ |

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| 02:30 | **Home In WA**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-007+ |

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike visits Shellharbour and Kiama, taking in the HARS Aviation Museum, The Shed, Loves Bay and Into The Wild Nature Tours. Pete goes to the Clean Treats Factory. Starring:ERICA DAVIS,SALLY STANTON,PETE WELLS,MIKE WHITNEY,SOPHIE FALKINER | **G**  +7SWE25-020+ |

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| 03:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-030+ |

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| 04:00 | **Queensland Weekender (R) ’CC’**  Victoria is on the ultimate eco experience. | **G**  +7QWE18-040+ |

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| 04:30 | **Creek To Coast (R) ’CC’**  Scotty is doing some modelling, don't worry it's for a good cause, before wetting a line in Townsville. Bridget is all revved up in her hometown of Pittsworth and Roger has left the bitumen behind. | **G**  +7CTC18-025+ |

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| 05:00 | **The Great Day Out (R) ’CC’**  Laurel is exploring a beautiful hinterland town, Courtney is enjoying a crafternoon, Tamsyn discovers her new favourite sport and Alastair is on a Queensland food trek. | **G**  +GDOT18-046+ |

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| 05:30 | **Home In WA (R)**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-007+ |

**Thursday 05 September 2019**

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| 06:00 | **The Grill Dads: Flavor Big, Flavor Deep (R)**  The Grill Dads outrageous adventures in eating take them to Jackson, to feast on a tender pork shank that's breaded and deep fried into crispy, juicy goodness. | **PG**  +GRIL01-008+ |

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| 06:30 | **Carnival Kings: Frozen Treat Tag - You're It! (R)**  Matt Holguin of Fabe's Churros and Gelato has taken over the Alameda County Fair with his Bacon Caramel Gelato Milkshake, and now Richie has just 24 hours to come up with his own spin. | **PG**  +CKIN01-008+ |

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| 07:00 | **The Pioneer Woman: Dorm Room Dining (R)**  Ree Drummond is sharing some great ideas for simple, minimal-prep dorm room food made with basic tools, such as Waffle Maker Pizzas, Paninis and Quesadillas. | **PG**  +PIWO12-001+ |

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| 07:30 | **The Kitchen: Friendsgiving Feast (R)**  The Kitchen hosts a star-studded Friendsgiving feast with Food Network friends Ree Drummond, Eddie Jackson and Trisha Yearwood. | **PG**  +TKIT15-005+ |

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| 08:30 | **Mystery Diners: Going To The Dogs (R)**  Charles helps the co-owners of "Shades Oceanfront Bistro" in San Diego, which caters to both human and canine customers, get to the bottom of a discrepancy in their chicken and beef supply. | **PG**  +MYSD07-001+ |

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| 09:00 | **Mystery Diners: Cocktail Fail (R)**  A tense rivalry between two flair bartenders and missing alcohol are among the problems investigated by Charles and the team, when they arrive at the "Compass" in Carlsbad, California. | **PG**  +MYSD07-002+ |

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| 09:30 | **Giada At Home: Chicken Three Ways (R)**  Giada De Laurentiis makes one delicious chicken and turns it into a handful of elegant dishes that you can enjoy any night of the week. | **PG**  +GIHO05-005+ |

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| 10:00 | **Ten Dollar Dinners: Appetizing Savings (R)**  Melissa d'Arabian makes a whole meal inspired by popular appetizers. Bowls of chilled White Gazpacho, Spicy Turkey Lollipops with a raspberry glaze and warm Blue Cheese Fondue. | **PG**  +TEDD07-001+ |

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| 10:30 | **The Pioneer Woman: Party In The Fridge (R)**  Ree Drummond is stocking the fridge with some make-ahead dishes for a cocktail party, including Chicken Satay with Peanut Sauce. | **PG**  +PIWO12-002+ |

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| 11:00 | **The Grill Dads: Flavor Big, Flavor Deep (R)**  The Grill Dads outrageous adventures in eating take them to Jackson, to feast on a tender pork shank that's breaded and deep fried into crispy, juicy goodness. | **PG**  +GRIL01-008+ |

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| 11:30 | **Carnival Kings: Frozen Treat Tag - You're It! (R)**  Matt Holguin of Fabe's Churros and Gelato has taken over the Alameda County Fair with his Bacon Caramel Gelato Milkshake, and now Richie has just 24 hours to come up with his own spin. | **PG**  +CKIN01-008+ |

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| 12:00 | **The Kitchen: Friendsgiving Feast (R)**  The Kitchen hosts a star-studded Friendsgiving feast with Food Network friends Ree Drummond, Eddie Jackson and Trisha Yearwood. | **PG**  +TKIT15-005+ |

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| 13:00 | **Chopped: Spooked (R)**  Creepy surprises and freaky finds - the chefs are sure to be spooked by what they get in the baskets for Halloween. | **PG**  +CHPD35-002+ |

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| 14:00 | **Giada At Home: Chicken Three Ways (R)**  Giada De Laurentiis makes one delicious chicken and turns it into a handful of elegant dishes that you can enjoy any night of the week. | **PG**  +GIHO05-005+ |

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| 14:30 | **Restaurant: Impossible: Outside The Box (R)**  When Chef Robert arrives at the Coach Lamp Restaurant & Pub in Louisville, Ky., he's baffled; the restaurant looks nice, the food tastes good. He must piece together why it's failing. | **PG**  +RIMP07-004+ |

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| 15:30 | **Mystery Diners: Going To The Dogs (R)**  Charles helps the co-owners of "Shades Oceanfront Bistro" in San Diego, which caters to both human and canine customers, get to the bottom of a discrepancy in their chicken and beef supply. | **PG**  +MYSD07-001+ |

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| 16:00 | **Mystery Diners: Cocktail Fail (R)**  A tense rivalry between two flair bartenders and missing alcohol are among the problems investigated by Charles and the team, when they arrive at the "Compass" in Carlsbad, California. | **PG**  +MYSD07-002+ |

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| 16:30 | **Ten Dollar Dinners: Appetizing Savings (R)**  Melissa d'Arabian makes a whole meal inspired by popular appetizers. Bowls of chilled White Gazpacho, Spicy Turkey Lollipops with a raspberry glaze and warm Blue Cheese Fondue. | **PG**  +TEDD07-001+ |

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| 17:00 | **Giada At Home: Sports Bar Favourites (R)**  Giada De Laurentiis puts her spin on traditional bar food with a fun game day menu. | **PG**  +GIHO05-006+ |

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| 17:30 | **The Kitchen: Turkey Day Tricks (R)**  The Kitchen hosts give away their best Turkey Day tricks and recipes including Geoffrey Zakarian's Bone-In Turkey Breast with Lemon Caper Sauce. | **PG**  +TKIT15-006+ |

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| 18:30 | **Chopped: Clam Clash (R)**  In the lightning-fast first round, the chefs must create appetizers in just 20 minutes from clams and a sweet dried fruit. | **PG**  +CHPD35-003+ |

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| 19:30 | **Ramsay's Kitchen Nightmares USA: Mangia Mangia - Part 1 (R) ’CC’**  Chef Ramsay heads to Woodland Park, CO, where he attempts to save an Italian joint with an identity crisis. | **M (L)**  +KNUS07-005+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: The Glass House - Revisited (R) ’CC’**  Gordon returns to the Glass House. A few months on, there have been some departures. Who is in charge of the kitchen now? And, more importantly, is Ramsay's Caesar salad still on the menu? | **MA (L)**  +RAKN01-005+ |

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| 21:30 | **Ramsay's Kitchen Nightmares: The Walnut Tree - Revisited (R) ’CC’**  Gordon revisits the Walnut Tree, to see if owner Francesco has followed his advice by finding a new head chef and resisting the urge to meddle in the kitchen. | **M (L)**  +RAKN01-006+ |

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| 22:30 | **Ramsay's Kitchen Nightmares: La Parra - Revisted (R) ’CC’**  Tonight, Gordon revisits La Parra Restaurant, and finds that while the owner has a core of expats he struggles to get native Spaniards through the door. | **MA (L)**  +RAKN03-005+ |

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| 23:30 | **Chopped: Clam Clash (R)**  In the lightning-fast first round, the chefs must create appetizers in just 20 minutes from clams and a sweet dried fruit. | **PG**  +CHPD35-003+ |

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| 00:30 | **The Pioneer Woman: Party In The Fridge (R)**  Ree Drummond is stocking the fridge with some make-ahead dishes for a cocktail party, including Chicken Satay with Peanut Sauce. | **PG**  +PIWO12-002+ |

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| 01:00 | **Queensland Weekender (R) ’CC’**  Chris is in a region that has it all rainforest, reef, adventure and an island with more white sandy beaches than any in the Whitsundays. | **G**  +7QWE18-041+ |

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| 01:30 | **Creek To Coast (R) ’CC’**  Olivia is having her perfect day on Fraser Island. Jess is camping in Byron Bay. Andrew shares a delicious fish taco recipe and Scotty is at his favourite part of the world, Lucinda. | **G**  +7CTC18-026+ |

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| 02:00 | **The Great Day Out (R) ’CC’**  The team is exploring the best of Brisbane. | **G**  +GDOT18-047+ |

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| 02:30 | **Home In WA**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-008+ |

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike is in the Hunter Valley checking out what's new in Wine Country. Sally heads to the second royal wedding of the year - Sleeping Beauty: A Knight Avenger's Tale. Mel heads to Coffs Harbour. Starring:ERICA DAVIS,FELICITY URQUHART,LUKE CARROLL,SALLY STANTON,MIKE WHITNEY | **G**  +7SWE25-021+ |

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| 03:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-031+ |

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| 04:00 | **Queensland Weekender (R) ’CC’**  Chris is in a region that has it all rainforest, reef, adventure and an island with more white sandy beaches than any in the Whitsundays. | **G**  +7QWE18-041+ |

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| 04:30 | **Creek To Coast (R) ’CC’**  Olivia is having her perfect day on Fraser Island. Jess is camping in Byron Bay. Andrew shares a delicious fish taco recipe and Scotty is at his favourite part of the world, Lucinda. | **G**  +7CTC18-026+ |

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| 05:00 | **The Great Day Out (R) ’CC’**  The team is exploring the best of Brisbane. | **G**  +GDOT18-047+ |

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| 05:30 | **Home In WA (R)**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-008+ |

**Friday 06 September 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike is in the Hunter Valley checking out what's new in Wine Country. Sally heads to the second royal wedding of the year - Sleeping Beauty: A Knight Avenger's Tale. Mel heads to Coffs Harbour. Starring:ERICA DAVIS,FELICITY URQUHART,LUKE CARROLL,SALLY STANTON,MIKE WHITNEY | **G**  +7SWE25-021+ |

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| 06:30 | **Ten Dollar Dinners: Appetizing Savings (R)**  Melissa d'Arabian makes a whole meal inspired by popular appetizers. Bowls of chilled White Gazpacho, Spicy Turkey Lollipops with a raspberry glaze and warm Blue Cheese Fondue. | **PG**  +TEDD07-001+ |

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| 07:00 | **The Pioneer Woman: Party In The Fridge (R)**  Ree Drummond is stocking the fridge with some make-ahead dishes for a cocktail party, including Chicken Satay with Peanut Sauce. | **PG**  +PIWO12-002+ |

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| 07:30 | **The Kitchen: Turkey Day Tricks (R)**  The Kitchen hosts give away their best Turkey Day tricks and recipes including Geoffrey Zakarian's Bone-In Turkey Breast with Lemon Caper Sauce. | **PG**  +TKIT15-006+ |

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| 08:30 | **Rachael Ray's Week In A Day: Fall In Love With Fall (R)**  All the autumn flavors you love come together for a week's worth of meals that your whole family will fall for. | **PG**  +WIAD03-007+ |

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| 09:30 | **Giada At Home: Sports Bar Favourites (R)**  Giada De Laurentiis puts her spin on traditional bar food with a fun game day menu. | **PG**  +GIHO05-006+ |

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| 10:00 | **Ten Dollar Dinners: Healthy, Wealthy And Wise (R)**  Melissa d'Arabian prepares a refreshing Greek-inspired meal that is simple and affordable. Her Greek salad with roasted salmon is a meal-worthy version of the satisfying classic. | **PG**  +TEDD07-002+ |

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| 10:30 | **The Pioneer Woman: Christmas Goodies (R)**  It's just a few days before Christmas, and Ree Drummond is making a slew of Christmas goodies as gifts. | **PG**  +PIWO12-003+ |

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| 11:00 | **Rachael Ray's Week In A Day: Fall In Love With Fall (R)**  All the autumn flavors you love come together for a week's worth of meals that your whole family will fall for. | **PG**  +WIAD03-007+ |

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| 12:00 | **The Kitchen: Turkey Day Tricks (R)**  The Kitchen hosts give away their best Turkey Day tricks and recipes including Geoffrey Zakarian's Bone-In Turkey Breast with Lemon Caper Sauce. | **PG**  +TKIT15-006+ |

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| 13:00 | **Chopped: Clam Clash (R)**  In the lightning-fast first round, the chefs must create appetizers in just 20 minutes from clams and a sweet dried fruit. | **PG**  +CHPD35-003+ |

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| 14:00 | **Giada At Home: Sports Bar Favourites (R)**  Giada De Laurentiis puts her spin on traditional bar food with a fun game day menu. | **PG**  +GIHO05-006+ |

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| 14:30 | **Rachael Ray's Week In A Day: Fall In Love With Fall (R)**  All the autumn flavors you love come together for a week's worth of meals that your whole family will fall for. | **PG**  +WIAD03-007+ |

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| 15:30 | **Giada At Home: Decadent Delights (R)**  It's all about indulgence as Giada De Laurentiis prepares a decadent menu. Italy meets pure comfort with three delicious recipes. | **PG**  +GIHO05-007+ |

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| 16:00 | **The Pioneer Woman: Christmas Goodies (R)**  It's just a few days before Christmas, and Ree Drummond is making a slew of Christmas goodies as gifts. | **PG**  +PIWO12-003+ |

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| 16:30 | **House Of Wellness (R) ’CC’**  Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Rachael Finch, Jo Stanley and Luke Hines. | **PG**  +HOWL03-028+ |

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| 17:30 | **The Kitchen: Full House For The Holidays (R)**  Tis the season to have a full house for the holidays and Jeff Mauro is ready with his crowd-pleasing Santa's Sausage and Snow Strata brunch. | **PG**  +TKIT15-007+ |

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| 18:30 | **Chopped: The Beets Go On (R)**  In the appetizer round, the chefs bake premade dough and try to figure out the best plan for including a Persian hot dog stew in their dishes. | **PG**  +CHPD35-004+ |

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| 19:30 | **Bizarre Foods With Andrew Zimmern: Rio De Janeiro (R)**  Andrew visits Rio de Janeiro to go beyond the sunny beaches, glitzy nightlife and carnival, to find out what the locals really eat in this seaside city. | **PG (A)**  +BIFO04-016+ |

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| 20:30 | **Mystery Diners: Promotion Sabotage (R)**  When Isabel and Todd, owners of Barrio Star in San Diego, have a dispute over which waiter to promote to manager, they contact Charles Stiles to mediate. | **PG**  +MYSD07-003+ |

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| 21:00 | **Mystery Diners: Dueling Food Trucks (R)**  Owners of rival food trucks work together to investigate revenue loss in both of their vehicles. | **PG**  +MYSD07-004+ |

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| 21:30 | **Food Obsessed: Master Pizzas PREMIERE**  Not all pizzas are created equal so food obsessed is seeking out the sauciest, cheesiest, most delicious pizza concoctions ever created. We're going to be biting into everything. | **PG**  +FOOB01-001+ |

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| 22:00 | **Food Obsessed: Lard Have Mercy NEW EPISODE**  Dive headfirst into a giant vat of deep-fried deliciousness. We're sinking our teeth into everything from those southern staples to freaky fair food. | **PG**  +FOOB01-002+ |

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| 22:30 | **Mystery Diners: Promotion Sabotage (R)**  When Isabel and Todd, owners of Barrio Star in San Diego, have a dispute over which waiter to promote to manager, they contact Charles Stiles to mediate. | **PG**  +MYSD07-003+ |

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| 23:00 | **Mystery Diners: Dueling Food Trucks (R)**  Owners of rival food trucks work together to investigate revenue loss in both of their vehicles. | **PG**  +MYSD07-004+ |

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| 23:30 | **Cutthroat Kitchen: Superstar Sabotage: Heat Four (R)**  Melissa d'Arabian, Elizabeth Falkner, Alex Guarnaschelli, Fabio Viviani deal w/ sabotages that include hitting the slots for ingredients, grating a giant block of cheese and cooking in banana leaves. | **PG**  +CUTK05-010+ |

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| 00:30 | **Chopped: The Beets Go On (R)**  In the appetizer round, the chefs bake premade dough and try to figure out the best plan for including a Persian hot dog stew in their dishes. | **PG**  +CHPD35-004+ |

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| 01:30 | **Ten Dollar Dinners: Healthy, Wealthy And Wise (R)**  Melissa d'Arabian prepares a refreshing Greek-inspired meal that is simple and affordable. Her Greek salad with roasted salmon is a meal-worthy version of the satisfying classic. | **PG**  +TEDD07-002+ |

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| 02:00 | **The Great Day Out (R) ’CC’**  Alastair tours the future of farming, Jess discovers there are plenty of treats to enjoy in Canungra and Courtney meets the incredible duo behind fashion label, Easton Pearson. | **G**  +GDOT19-001+ |

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| 02:30 | **Home In WA**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-009+ |

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike is in Wagga Wagga getting to know the local producers. Karen heads to the food bowl of NSW - The Riverina. Luke lives life on the edge, of the NSW border that is. Starring:ERICA DAVIS,LUKE CARROLL,LIZZY LOVETTE,KAREN LEDBURY,MIKE WITNEY | **G**  +7SWE25-022+ |

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| 03:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-032+ |

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| 04:00 | **Queensland Weekender (R) ’CC’**  Olivia heads offshore, Lee explores Australia's most stunning stretch of sand by horseback while Bridget visits an island that is like something out of Jurassic Park. | **G**  +7QWE18-042+ |

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| 04:30 | **Creek To Coast (R) ’CC’**  Andrew takes us to his slice of paradise. Paul Burt is keeping us safe on the water. Olivia has some nifty fishing hacks and Scotty is in Townsville where the mackerel are leaping from the water. | **G**  +7CTC18-027+ |

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| 05:00 | **The Great Day Out (R) ’CC’**  Alastair tours the future of farming, Jess discovers there are plenty of treats to enjoy in Canungra and Courtney meets the incredible duo behind fashion label, Easton Pearson. | **G**  +GDOT19-001+ |

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| 05:30 | **Home In WA (R)**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-009+ |

**Saturday 07 September 2019**

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| 06:00 | **Ten Dollar Dinners: Healthy, Wealthy And Wise (R)**  Melissa d'Arabian prepares a refreshing Greek-inspired meal that is simple and affordable. Her Greek salad with roasted salmon is a meal-worthy version of the satisfying classic. | **PG**  +TEDD07-002+ |

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| 06:30 | **Better Homes And Gardens (R) ’CC’**  Homes and gardens come alive in this lifestyle show packed full of home decorating tips, recipes, craft ideas, DIY projects and how tos. | **G**  +BHAG25-031+ |

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| 08:00 | **The Pioneer Woman: Christmas Goodies (R)**  It's just a few days before Christmas, and Ree Drummond is making a slew of Christmas goodies as gifts. | **PG**  +PIWO12-003+ |

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| 08:30 | **The Kitchen: Full House For The Holidays (R)**  Tis the season to have a full house for the holidays and Jeff Mauro is ready with his crowd-pleasing Santa's Sausage and Snow Strata brunch. | **PG**  +TKIT15-007+ |

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| 09:30 | **Rachael Ray's Week In A Day: A Chicken In Every Pot (R)**  The good old chicken dinner gets reinvented in five ways, with recipes from all over the world. | **PG**  +WIAD03-008+ |

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| 10:30 | **Cutthroat Kitchen: Superstar Sabotage: Heat Four (R)**  Melissa d'Arabian, Elizabeth Falkner, Alex Guarnaschelli, Fabio Viviani deal w/ sabotages that include hitting the slots for ingredients, grating a giant block of cheese and cooking in banana leaves. | **PG**  +CUTK05-010+ |

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| 11:30 | **Chopped: The Beets Go On (R)**  In the appetizer round, the chefs bake premade dough and try to figure out the best plan for including a Persian hot dog stew in their dishes. | **PG**  +CHPD35-004+ |

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| 12:30 | **Food Obsessed: Master Pizzas (R)**  Not all pizzas are created equal so food obsessed is seeking out the sauciest, cheesiest, most delicious pizza concoctions ever created. We're going to be biting into everything. | **PG**  +FOOB01-001+ |

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| 13:00 | **Food Obsessed: Lard Have Mercy (R)**  Dive headfirst into a giant vat of deep-fried deliciousness. We're sinking our teeth into everything from those southern staples to freaky fair food. | **PG**  +FOOB01-002+ |

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| 13:30 | **Rachael Ray's Week In A Day: A Chicken In Every Pot (R)**  The good old chicken dinner gets reinvented in five ways, with recipes from all over the world. | **PG**  +WIAD03-008+ |

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| 14:30 | **Ten Dollar Dinners: Open-Air Fare (R)**  Melissa d'Arabian makes ooey, gooey Three Cheese Steak Sandwiches with a side of Crispy Oven Fries. For something a little sweet, Caramel Apples rolled in your favorite candies. | **G**  +TEDD06-001+ |

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| 15:00 | **The Kitchen: Full House For The Holidays (R)**  Tis the season to have a full house for the holidays and Jeff Mauro is ready with his crowd-pleasing Santa's Sausage and Snow Strata brunch. | **PG**  +TKIT15-007+ |

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| 16:00 | **Cutthroat Kitchen: Superstar Sabotage: Heat Four (R)**  Melissa d'Arabian, Elizabeth Falkner, Alex Guarnaschelli, Fabio Viviani deal w/ sabotages that include hitting the slots for ingredients, grating a giant block of cheese and cooking in banana leaves. | **PG**  +CUTK05-010+ |

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| 17:00 | **Food Obsessed: Master Pizzas (R)**  Not all pizzas are created equal so food obsessed is seeking out the sauciest, cheesiest, most delicious pizza concoctions ever created. We're going to be biting into everything. | **PG**  +FOOB01-001+ |

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| 17:30 | **Food Obsessed: Lard Have Mercy (R)**  Dive headfirst into a giant vat of deep-fried deliciousness. We're sinking our teeth into everything from those southern staples to freaky fair food. | **PG**  +FOOB01-002+ |

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| 18:00 | **Mystery Diners: Promotion Sabotage (R)**  When Isabel and Todd, owners of Barrio Star in San Diego, have a dispute over which waiter to promote to manager, they contact Charles Stiles to mediate. | **PG**  +MYSD07-003+ |

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| 18:30 | **Mystery Diners: Dueling Food Trucks (R)**  Owners of rival food trucks work together to investigate revenue loss in both of their vehicles. | **PG**  +MYSD07-004+ |

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| 19:00 | **My France With Manu: The Pyrenees (R) ’CC’**  Manu returns to take us on another journey through his home country exploring the streets of Paris. its delights, and even learning the Can Can. | **PG (N)**  +MANU03-001+ |

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| 20:00 | **My Ireland With Colin (R) ’CC’**  Colin visits the heartland of traditional Ireland, County Mayo, where he learns to control a flock of Atlantic Sea Spray Lambs and argues with the locals about how best to cook their famous lamb chops | **PG**  +COLI-002+ |

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| 21:00 | **Restaurant: Impossible: Up In Smoke (R)**  Five years ago, Lisette and Steve purchased the Mill Creek BBQ Restaurant. He'll have just two days to change the barbecue from boring to bold. | **PG**  +RIMP08-001+ |

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| 22:00 | **Restaurant: Impossible: A Lot To Lose (R)**  Eileen's restaurant, Tootie's Texas BBQ in Cathedral City, started a deep decline while Eileen was battling cancer. Weeks away from closing for good, she calls on Chef Robert Irvine for a rescue. | **PG**  +RIMP08-002+ |

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| 23:00 | **Diners, Drive-Ins and Dives: South Of The Border (R)**  Guy Fieri's headed south of the border to Cabo San Lucas, Mexico. | **PG**  +DDID18-010+ |

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| 23:30 | **The Grill Dads: Flavor Big, Flavor Deep (R)**  The Grill Dads outrageous adventures in eating take them to Jackson, to feast on a tender pork shank that's breaded and deep fried into crispy, juicy goodness. | **PG**  +GRIL01-008+ |

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| 00:00 | **Carnival Kings: Frozen Treat Tag - You're It! (R)**  Matt Holguin of Fabe's Churros and Gelato has taken over the Alameda County Fair with his Bacon Caramel Gelato Milkshake, and now Richie has just 24 hours to come up with his own spin. | **PG**  +CKIN01-008+ |

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| 00:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-033+ |

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| 01:00 | **Queensland Weekender (R) ’CC’**  Bridget is on a journey through tropical north Queensland in celebration of Indigenous culture. | **G**  +7QWE18-043+ |

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| 01:30 | **Creek To Coast (R) ’CC’**  Dreaming of getting away, Roger has an easy family 4WD weekend planned. Scotty is going from sooty to barra on the Burdekin Falls Dam. | **G**  +7CTC18-028+ |

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| 02:00 | **The Great Day Out (R) ’CC’**  Jillian uncovers all that is new in West End's art scene, Tamsyn enjoys a solar powered canoe ride through paradise while Laurel uncovers a few hidden gems on a daytrip to Brisbane's bayside. | **G**  +GDOT19-002+ |

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| 02:30 | **Home In WA**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-010+ |

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike heads to the Southern Tablelands, and checks out a country pub with a difference. Mel checks out the Sydney International Boat Show. Lizzy goes wild at Taronga Western Plains Zoo. Starring:ERICA DAVIS,LIZZY LOVETTE,SALLY STANTON,MEL SYMONS,MIKE WHITNEY | **G**  +7SWE25-023+ |

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| 03:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-033+ |

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| 04:00 | **Queensland Weekender (R) ’CC’**  Bridget is on a journey through tropical north Queensland in celebration of Indigenous culture. | **G**  +7QWE18-043+ |

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| 04:30 | **Creek To Coast (R) ’CC’**  Dreaming of getting away, Roger has an easy family 4WD weekend planned. Scotty is going from sooty to barra on the Burdekin Falls Dam. | **G**  +7CTC18-028+ |

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| 05:00 | **The Great Day Out (R) ’CC’**  Jillian uncovers all that is new in West End's art scene, Tamsyn enjoys a solar powered canoe ride through paradise while Laurel uncovers a few hidden gems on a daytrip to Brisbane's bayside. | **G**  +GDOT19-002+ |

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| 05:30 | **Home In WA (R)**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-010+ |