**Sunday 04 August 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike visits Camden Produce Markets at Camden Town Farm and tries some of the delicious local-grown products. Jase and Beck head there to check out Ultimate Go Karts and the Alan Baker gallery. Starring:BECK STEVENS,JASON STEVENS,ERICA DAVIS,MIKE WHITNEY | **G** +7SWE25-036+ |

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| 06:30 | **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** +SAWE18-036+ |

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| 07:00 | **The Grill Dads: Mornings Are Better With Treats (R)** The Grill Dads are on the hunt for over-the-top, incredible breakfast creations. | **PG** +GRIL01-003+ |

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| 07:30 | **Comfort Food Tour: More Cheese, Please (R)** What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG** +CMFT02-003+ |

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| 08:00 | **Anh Does Vietnam (R) ’CC’** Anh rents a motorcycle to explore central Vietnam and the Vietnamese fascination with Luck. After cooking up snails and meeting the mausoleum of Ho Chi Minh, Anh ends his journey helping at a local school. | **PG** +ANDV-002+ |

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| 09:00 | **Beach Eats USA: Surf And Turf (R)** Curtis Stone is finding the best of both surf and turf right on some of the most beautiful beaches in America. | **PG** +BEEA01-003+ |

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| 09:30 | **Iron Chef America: Symon Vs. Brock (R)** Charleston based Chef Sean Brock enters Kitchen stadium for the first time to challenge Iron Chef Michael Symon. | **PG** +ICAM08-030+ |

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| 10:30 | **Iron Chef America: Izard VS. Blamey (R)** It's the Chairman's special grill battle, and New York burger master, Chef Victoria Blamey, has a beef with Iron Chef Stephanie Izard. | **PG** +ICAM13-001+ |

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| 11:30 | **Diners, Drive-Ins And Dives: Poutine, Pizza And Pork (R)** Guy Fieri travels the country diving into some meaty masterpieces starting at a spot in Longmont, Colorado, that serves craft beer and primo pub grub like their piled-high poutine burger. | **PG** +DDID27-011+ |

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| 12:00 | **Diners, Drive-Ins and Dives: Neighborhood Knockouts (R)** Guy Fieri's traveling up and down the west coast in search of funky neighborhood joints.  | **PG** +DDID18-001+ |

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| 12:30 | **Anh Does Vietnam (R) ’CC’** Anh rents a motorcycle to explore central Vietnam and the Vietnamese fascination with Luck. After cooking up snails and meeting the mausoleum of Ho Chi Minh, Anh ends his journey helping at a local school. | **PG** +ANDV-002+ |

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| 13:30 | **Beach Eats USA: Surf And Turf (R)** Curtis Stone is finding the best of both surf and turf right on some of the most beautiful beaches in America. | **PG** +BEEA01-003+ |

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| 14:00 | **The Grill Dads: Mornings Are Better With Treats (R)** The Grill Dads are on the hunt for over-the-top, incredible breakfast creations. | **PG** +GRIL01-003+ |

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| 14:30 | **Comfort Food Tour: More Cheese, Please (R)** What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG** +CMFT02-003+ |

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| 15:00 | **Diners, Drive-Ins And Dives: Poutine, Pizza And Pork (R)** Guy Fieri travels the country diving into some meaty masterpieces starting at a spot in Longmont, Colorado, that serves craft beer and primo pub grub like their piled-high poutine burger. | **PG** +DDID27-011+ |

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| 15:30 | **Diners, Drive-Ins and Dives: Neighborhood Knockouts (R)** Guy Fieri's traveling up and down the west coast in search of funky neighborhood joints.  | **PG** +DDID18-001+ |

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| 16:00 | **Iron Chef America: Symon Vs. Brock (R)** Charleston based Chef Sean Brock enters Kitchen stadium for the first time to challenge Iron Chef Michael Symon. | **PG** +ICAM08-030+ |

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| 17:00 | **Iron Chef America: Izard VS. Blamey (R)** It's the Chairman's special grill battle, and New York burger master, Chef Victoria Blamey, has a beef with Iron Chef Stephanie Izard. | **PG** +ICAM13-001+ |

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| 18:00 | **Kid's Baking Championship: Lemon BFFs (R)** Duff Goldman and Valerie Bertinelli celebrate her favourite flavour, lemon, by challenging the 10 kid bakers to create lemon bar BFF desserts that highlight lemon and some of its best flavour friends. | **PG** +KBAC04-003+ |

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| 19:00 | **Ridiculous Cakes: Cake Overboard! (R)** While one cake artist makes an unusual wedding cake that is shipshape, literally, a cake for a stylish client could be a fashion faux pas.  | **PG** +RICA02-011+ |

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| 19:30 | **Cake Wars: Rose Bowl (R)** It's time for kick-off as Cake Wars celebrates one of the longest-standing traditions of college football, the Rose Bowl game. | **PG** +CAKW04-010+ |

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| 20:30 | **Ramsay's Hotel Hell: River Rock (R) ’CC’** A run-down Pennsylvania hotel needs to be cleaned of dead bugs and stained bedspreads. Starring:GORDON RAMSAY | **M (L)**+HELL01-003+ |

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| 21:30 | **Cupcake Wars: Hollywood Christmas Parade NEW EPISODE**Tis the season for cupcakes as four talented cupcake bakers battle for a place among the stars at the Hollywood Christmas Parade. | **PG** +CUPW04-002+ |

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| 22:30 | **Cupcake Wars: The Young And The Restless (R)** Four cupcake makers face off to for the chance to be featured at an exclusive cast and crew party celebrating the 10,000th episode of the classic soap, The Young and the Restless. | **PG** +CUPW07-010+ |

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| 23:30 | **Ridiculous Cakes: Cake Overboard! (R)** While one cake artist makes an unusual wedding cake that is shipshape, literally, a cake for a stylish client could be a fashion faux pas.  | **PG** +RICA02-011+ |

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| 00:00 | **Cake Wars: Rose Bowl (R)** It's time for kick-off as Cake Wars celebrates one of the longest-standing traditions of college football, the Rose Bowl game. | **PG** +CAKW04-010+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Lee puts his new dive ticket into practice and meets the Warriors of the Reef. | **G** +7QWE18-009+ |

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| 01:30 | **Creek To Coast (R) ’CC’** The Creek to Coast team are on an extreme 4WD adventure across Queensland's outback and through the Red Centre of the Northern Territory. | **G** +7CTC18-036+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Blair uncovers secret museums; Jess explores Ipswich in an unconventional way and Kendall Gilding shares her great day out. | **G** +GDOT18-015+ |

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| 02:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-001+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike finds a piece of paradise on Norfolk Island. Karen tries drag racing at Thunder 400. Beck and Jason visit a retro-inspired Chromefest 2018 at The Entrance. Starring:BECK STEVENS,JASON STEVENS,ERICA DAVIS,FELICITY URQUHART,KAREN LEDBURY,MIKE WHITNEY | **G** +7SWE25-037+ |

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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** +SAWE18-037+ |

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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** +7QWE18-009+ |

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| 04:30 | **Creek To Coast (R) ’CC’** The Creek to Coast team are on an extreme 4WD adventure across Queensland's outback and through the Red Centre of the Northern Territory. | **G** +7CTC18-036+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Blair uncovers secret museums; Jess explores Ipswich in an unconventional way and Kendall Gilding shares her great day out. | **G** +GDOT18-015+ |

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| 05:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-001+ |

 **Monday 05 August 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike finds a piece of paradise on Norfolk Island. Karen tries drag racing at Thunder 400. Beck and Jason visit a retro-inspired Chromefest 2018 at The Entrance. Starring:BECK STEVENS,JASON STEVENS,ERICA DAVIS,FELICITY URQUHART,KAREN LEDBURY,MIKE WHITNEY | **G** +7SWE25-037+ |

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| 06:30 | **Kid's Baking Championship: Lemon BFFs (R)** Duff Goldman and Valerie Bertinelli celebrate her favourite flavour, lemon, by challenging the 10 kid bakers to create lemon bar BFF desserts that highlight lemon and some of its best flavour friends. | **PG** +KBAC04-003+ |

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| 07:30 | **Cake Wars: Rose Bowl (R)** It's time for kick-off as Cake Wars celebrates one of the longest-standing traditions of college football, the Rose Bowl game. | **PG** +CAKW04-010+ |

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| 08:30 | **Cupcake Wars: Hollywood Christmas Parade (R)** Tis the season for cupcakes as four talented cupcake bakers battle for a place among the stars at the Hollywood Christmas Parade. | **PG** +CUPW04-002+ |

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| 09:30 | **Cupcake Wars: The Young And The Restless (R)** Four cupcake makers face off to for the chance to be featured at an exclusive cast and crew party celebrating the 10,000th episode of the classic soap, The Young and the Restless. | **PG** +CUPW07-010+ |

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| 10:30 | **Better Homes And Gardens (R) ’CC’** Joh checks out the Sydney home of Rachel Ward and Bryan Brown. Dr Harry meets some border protection puppies. Adam shows you how to make a good-looking stool and side table. Starring:BRYAN BROWN,RACHEL WARD | **G** +BHAG25-027+ |

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| 12:00 | **Cupcake Wars: Hollywood Christmas Parade (R)** Tis the season for cupcakes as four talented cupcake bakers battle for a place among the stars at the Hollywood Christmas Parade. | **PG** +CUPW04-002+ |

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| 13:00 | **Cupcake Wars: The Young And The Restless (R)** Four cupcake makers face off to for the chance to be featured at an exclusive cast and crew party celebrating the 10,000th episode of the classic soap, The Young and the Restless. | **PG** +CUPW07-010+ |

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| 14:00 | **Kid's Baking Championship: Lemon BFFs (R)** Duff Goldman and Valerie Bertinelli celebrate her favourite flavour, lemon, by challenging the 10 kid bakers to create lemon bar BFF desserts that highlight lemon and some of its best flavour friends. | **PG** +KBAC04-003+ |

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| 15:00 | **Ridiculous Cakes: Cake Overboard! (R)** While one cake artist makes an unusual wedding cake that is shipshape, literally, a cake for a stylish client could be a fashion faux pas.  | **PG** +RICA02-011+ |

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| 15:30 | **Baked In Vermont: The Leftovers (R)** Gesine Prado and her husband, Ray, believe in "once bitten, twice better" when it comes to leftovers. | **PG** +BAVE02-004+ |

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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** +HOWL03-024+ |

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| 17:00 | **Giada At Home: Game Day Goodies (R)** Giada De Laurentiis creates her spin on foods to enjoy while watching the big game. The menu includes Sticky Pork Ribs With Balsamic Barbecue Sauce and Sweet Potato Tots With Dill Dust. | **PG** +GIHO06-013+ |

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| 17:30 | **Guy's Grocery Games: Five-Star Showdown (R)** Guy Fieri transforms Flavortown into a high-end restaurant and invites four chefs for three rounds of 5-star cooking. | **PG** +GUGG16-011+ |

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| 18:30 | **Chopped: Cinco De Mayo Fiesta (R)** Four cooks are surprised by a Cinco de Mayo theme, and in the first basket, they must grapple with a green pie and a big fish fillet. | **PG** +CHPD28-006+ |

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| 19:30 | **Cake Wars: DC Comics NEW EPISODE**Bakers compete to have their creation featured at a DC Comics celebration. | **PG** +CAKW01-002+ |

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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. | **MA (L)**+HEKI14-007+ |

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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)**+HEKI14-008+ |

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| 22:30 | **Ramsay's Kitchen Nightmares USA: Yanni's (R) ’CC’** Chef Ramsay goes to Washington to help a young man run his father's Greek restaurant. Starring:GORDON RAMSAY | **M (L)**+KNUS06-013+ |

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| 23:30 | **Chopped: Cinco De Mayo Fiesta (R)** Four cooks are surprised by a Cinco de Mayo theme, and in the first basket, they must grapple with a green pie and a big fish fillet. | **PG** +CHPD28-006+ |

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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** +SAWE18-038+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Bridget visits an island that is like something out of Jurassic Park, Liz enjoys a thrill ride of a different kind, Curtis swaps the rolling 'blue' for rolling 'green' and Duane learns how to fly. | **G** +7QWE18-010+ |

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| 01:30 | **Creek To Coast (R) ’CC’** The Creek to Coast team continue their epic 4WD adventure across Queensland's outback and through the Red Centre of the Northern Territory. | **G** +7CTC18-037+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Queensland Country Music singer Micks shares her Great Day Out, Jess has got the low down on a much-loved family festival and Sofie is off on her next dog friendly adventure. | **G** +GDOT18-016+ |

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| 02:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-002+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike packs his car and hits the road headed for Gerringong. Fliss goes behind the scenes to check out the hit musical, Jersey Boys. Jason and Beck look at what's on offer at the Lakes Festival. Starring:BECK STEVENS,JASON STEVENS,ERICA DAVIS,FELICITY URQUHART,LEA WILSON,MIKE WHITNEY | **G** +7SWE25-038+ |

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| 05:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-002+ |

 **Tuesday 06 August 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike packs his car and hits the road headed for Gerringong. Fliss goes behind the scenes to check out the hit musical, Jersey Boys. Jason and Beck look at what's on offer at the Lakes Festival. Starring:BECK STEVENS,JASON STEVENS,ERICA DAVIS,FELICITY URQUHART,LEA WILSON,MIKE WHITNEY | **G** +7SWE25-038+ |

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| 06:30 | **Throwdown With Bobby Flay: Boston Cream Pie (R)** Impressing a Boston crowd with a pie of their own will be one of Bobby Flay's biggest challenges yet. With so many battles fought in Boston, this throwdown may be one for the record books. | **PG** +TWBF09-008+ |

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| 07:00 | **Baked In Vermont: The Leftovers (R)** Gesine Prado and her husband, Ray, believe in "once bitten, twice better" when it comes to leftovers. | **PG** +BAVE02-004+ |

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| 07:30 | **Guy's Grocery Games: Five-Star Showdown (R)** Guy Fieri transforms Flavortown into a high-end restaurant and invites four chefs for three rounds of 5-star cooking. | **PG** +GUGG16-011+ |

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| 08:30 | **My Greek Odyssey (R) ’CC’** In this episode, Peter continues to see the sights of Kythira.  | **PG** +MYGO01-007+ |

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| 09:30 | **Giada At Home: Game Day Goodies (R)** Giada De Laurentiis creates her spin on foods to enjoy while watching the big game. The menu includes Sticky Pork Ribs With Balsamic Barbecue Sauce and Sweet Potato Tots With Dill Dust. | **PG** +GIHO06-013+ |

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| 10:00 | **Baked In Vermont: The Leftovers (R)** Gesine Prado and her husband, Ray, believe in "once bitten, twice better" when it comes to leftovers. | **PG** +BAVE02-004+ |

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| 12:00 | **Guy's Grocery Games: Five-Star Showdown (R)** Guy Fieri transforms Flavortown into a high-end restaurant and invites four chefs for three rounds of 5-star cooking. | **PG** +GUGG16-011+ |

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| 13:00 | **Chopped: Cinco De Mayo Fiesta (R)** Four cooks are surprised by a Cinco de Mayo theme, and in the first basket, they must grapple with a green pie and a big fish fillet. | **PG** +CHPD28-006+ |

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| 14:00 | **Giada At Home: Game Day Goodies (R)** Giada De Laurentiis creates her spin on foods to enjoy while watching the big game. The menu includes Sticky Pork Ribs With Balsamic Barbecue Sauce and Sweet Potato Tots With Dill Dust. | **PG** +GIHO06-013+ |

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| 14:30 | **My Greek Odyssey (R) ’CC’** In this episode, Peter continues to see the sights of Kythira.  | **PG** +MYGO01-007+ |

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| 15:30 | **Cake Wars: DC Comics (R)** Bakers compete to have their creation featured at a DC Comics celebration. | **PG** +CAKW01-002+ |

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| 16:30 | **Baked In Vermont: Garden Graduation Party (R)** Gesine Prado is honored to host a high school graduation party for her dear friends' daughter. It's a special day and they're celebrating the big event with a garden party filled with sweet treats. | **PG** +BAVE02-005+ |

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| 17:00 | **Giada At Home: Black And White (R)** Chocolate is the star ingredient as Giada De Laurentiis creates three irresistible and unique recipes. | **PG** +GIHO06-014+ |

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| 17:30 | **Guy's Grocery Games: No-Shop Showdown (R)** For the first time in GGG history, none of the competing chefs get to shop for their ingredients. | **PG** +GUGG16-012+ |

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| 18:30 | **Chopped: San Franchopco (R)** Four chefs from the same city throw down in the Chopped Kitchen to find out who's the best in town! | **PG** +CHPD28-007+ |

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| 19:30 | **Mystery Diners: Comic Book Caper (R)** Vlane, the owner of Action Burger in Brooklyn, contacts Mystery Diners to investigate missing comic books at his comic book-themed restaurant. Charles Stiles sends in Jamie.  | **PG (L,A)**+MYSD11-006+ |

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| 20:00 | **Mystery Diners: Vicious Valets (R)** After hearing complaints about her valet service, Kitty of Breuckelen Colony in Brooklyn contacts Charles Stiles for help. Mystery Diners Daniel and Jamie go undercover. | **PG (L,A)**+MYSD11-007+ |

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| 20:30 | **Restaurant: Impossible: Face The Music (R)** Chef Robert Irvine is in Oklahoma City to help Chaya and Michael, the owners of Urban Roots, a failing restaurant and entertainment venue. | **PG** +RIMP08-006+ |

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| 21:30 | **Restaurant: Impossible: Treading Water (R)** Gail, a successful businesswoman, purchased Bryant's Seafood World in Hueytown, expecting to seamlessly continue its 30-year tradition: But now, four years later, she desperately needs Chef Robert. | **PG** +RIMP08-007+ |

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| 23:30 | **Chopped: San Franchopco (R)** Four chefs from the same city throw down in the Chopped Kitchen to find out who's the best in town! | **PG** +CHPD28-007+ |

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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** +SAWE18-001+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** It's an unmissable journey into the heart of Queensland. This epic outback adventure takes in the best of the west from big skies, to big stars at Winton's Way Out West Fest. | **G** +7QWE18-011+ |

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| 01:30 | **Creek To Coast (R) ’CC’** Heritage listed rainforests, stunning beaches, vibrant little towns, and of course big fish, Scotty is in far north Queensland on a mission to catch the iconic Barra. | **G** +7CTC18-038+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Blair is playing pilot, athlete Tamsyn Lewis shares her Great Day Out and Jess has a great school holiday idea. | **G** +GDOT18-017+ |

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| 02:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-003+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike explores the wonderful Wollondilly Shire. Andrew Daddo travels the Southern Highlands on an electric bike tour with The Fixed Wheel. Karen dines at two of Bowral's best eateries. Starring:ANDREW DADDO,ERICA DAVIS,KAREN LEDBURY,MIKE WHITNEY,TEIGAN NASH | **G** +7SWE25-039+ |

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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** +SAWE18-001+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** It's an unmissable journey into the heart of Queensland. This epic outback adventure takes in the best of the west from big skies, to big stars at Winton's Way Out West Fest. | **G** +7QWE18-011+ |

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| 04:30 | **Creek To Coast (R) ’CC’** Heritage listed rainforests, stunning beaches, vibrant little towns, and of course big fish, Scotty is in far north Queensland on a mission to catch the iconic Barra. | **G** +7CTC18-038+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Blair is playing pilot, athlete Tamsyn Lewis shares her Great Day Out and Jess has a great school holiday idea. | **G** +GDOT18-017+ |

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| 05:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-003+ |

 **Wednesday 07 August 2019**

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| 06:00 | **Restaurant: Impossible: Face The Music (R)** Chef Robert Irvine is in Oklahoma City to help Chaya and Michael, the owners of Urban Roots, a failing restaurant and entertainment venue. | **PG** +RIMP08-006+ |

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| 07:00 | **Baked In Vermont: Garden Graduation Party (R)** Gesine Prado is honored to host a high school graduation party for her dear friends' daughter. It's a special day and they're celebrating the big event with a garden party filled with sweet treats. | **PG** +BAVE02-005+ |

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| 07:30 | **Guy's Grocery Games: No-Shop Showdown (R)** For the first time in GGG history, none of the competing chefs get to shop for their ingredients. | **PG** +GUGG16-012+ |

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| 08:30 | **Mystery Diners: Comic Book Caper (R)** Vlane, the owner of Action Burger in Brooklyn, contacts Mystery Diners to investigate missing comic books at his comic book-themed restaurant. Charles Stiles sends in Jamie.  | **PG (L,A)**+MYSD11-006+ |

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| 09:00 | **Mystery Diners: Vicious Valets (R)** After hearing complaints about her valet service, Kitty of Breuckelen Colony in Brooklyn contacts Charles Stiles for help. Mystery Diners Daniel and Jamie go undercover. | **PG (L,A)**+MYSD11-007+ |

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| 09:30 | **Giada At Home: Black And White (R)** Chocolate is the star ingredient as Giada De Laurentiis creates three irresistible and unique recipes. | **PG** +GIHO06-014+ |

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| 10:00 | **Baked In Vermont: Garden Graduation Party (R)** Gesine Prado is honored to host a high school graduation party for her dear friends' daughter. It's a special day and they're celebrating the big event with a garden party filled with sweet treats. | **PG** +BAVE02-005+ |

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| 10:30 | **Throwdown With Bobby Flay: Vegetable Lasagna (R)** Christine and Carla are feeding a community of extended family but will Bobby Flay get booted when he comes knocking for his own Vegetable Lasagne Throwdown? | **PG** +TWBF09-009+ |

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| 11:00 | **Restaurant: Impossible: Treading Water (R)** Gail, a successful businesswoman, purchased Bryant's Seafood World in Hueytown, expecting to seamlessly continue its 30-year tradition: But now, four years later, she desperately needs Chef Robert. | **PG** +RIMP08-007+ |

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| 12:00 | **Guy's Grocery Games: No-Shop Showdown (R)** For the first time in GGG history, none of the competing chefs get to shop for their ingredients. | **PG** +GUGG16-012+ |

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| 13:00 | **Chopped: San Franchopco (R)** Four chefs from the same city throw down in the Chopped Kitchen to find out who's the best in town! | **PG** +CHPD28-007+ |

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| 14:00 | **Giada At Home: Black And White (R)** Chocolate is the star ingredient as Giada De Laurentiis creates three irresistible and unique recipes. | **PG** +GIHO06-014+ |

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| 14:30 | **Restaurant: Impossible: Face The Music (R)** Chef Robert Irvine is in Oklahoma City to help Chaya and Michael, the owners of Urban Roots, a failing restaurant and entertainment venue. | **PG** +RIMP08-006+ |

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| 15:30 | **Restaurant: Impossible: Treading Water (R)** Gail, a successful businesswoman, purchased Bryant's Seafood World in Hueytown, expecting to seamlessly continue its 30-year tradition: But now, four years later, she desperately needs Chef Robert. | **PG** +RIMP08-007+ |

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| 16:30 | **Baked In Vermont: Italy Revisited (R)** Gesine has invited her friends over for a trip down memory lane and a big Italian dinner of Bolognese Lasagne and Caprese Salad. | **PG** +BAVE02-006+ |

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| 17:00 | **Giada At Home: Cocktails And Appetizers (R)** Giada De Laurentiis hosts a poolside cocktail party, but the appetizers are finger food versions of traditional breakfast foods like French Toast Fingers With Ginger Bourbon Maple Syrup. | **PG** +GIHO06-015+ |

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| 17:30 | **Guy's Grocery Games: Budget War (R)** Penny pinching is the name of the game as Guy Fieri challenges four chefs to budget wisely with $40 and two gruelling rounds of shopping and cooking. | **PG** +GUGG16-013+ |

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| 18:30 | **Chopped: Tortellini Trials (R)** It's trying times in the appetizer round when the chefs aren't sure how to creatively use the pasta from the basket. | **PG** +CHPD28-008+ |

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| 19:30 | **Restaurant: Impossible: No Day At The Beach (R)** When Chef Robert meets Jordan, the self-described stubborn owner of the Portu-Greek Cafe in Hudson, he knows that he's in for a challenge. | **PG** +RIMP08-013+ |

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| 20:30 | **The Grill Dads: Not Your Ordinary Classics NEW EPISODE**Classic food with outrageous twists are on the menu as the Grill Dads continue their road trip adventure across America. | **PG** +GRIL01-004+ |

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| 21:00 | **Comfort Food Tour: Bacon On Top NEW EPISODE**What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG** +CMFT02-004+ |

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| 21:30 | **Carnival Cravings With Anthony Anderson: Bacon-Wrapped Heartland NEW EPISODE**Anthony Anderson eats his way through the heartland at Prairie Fest in Oswego, gobbling up everything from bacon-wrapped roasted corn to a twist on a local specialty, a Chicago crab dog. | **PG** +CRAV01-004+ |

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| 22:00 | **Carnival Kings: We All Scream For Ice Cream! And Waffles! NEW EPISODE**Chef Richie takes on Adam Terry of Waffle Love and his fluffy, ice cream-covered Dulce de Liege Waffle. | **PG** +CKIN01-004+ |

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| 22:30 | **Diners, Drive-Ins and Dives: All Kinds Of Gobble Gobble (R)** Guy Fieri's gettin' a variety of Thanksgiving tastes and treasures. | **PG** +DDID18-007+ |

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| 23:00 | **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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| 23:30 | **Restaurant: Impossible: No Day At The Beach (R)** When Chef Robert meets Jordan, the self-described stubborn owner of the Portu-Greek Cafe in Hudson, he knows that he's in for a challenge. | **PG** +RIMP08-013+ |

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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** +SAWE18-002+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Opa! Kip is embracing all things Greek which means dancing, feasting and smashing of plates! | **G** +7QWE18-012+ |

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| 01:30 | **Creek To Coast (R) ’CC’** Scotty is on the road on a 360-kilometre trip from Brisbane to Bundaberg with few must stop destinations along the way. | **G** +7CTC18-039+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Laurel is discovering the flavours of France in preparation for Le Festival, Luke and Sofie hit the Gold Coast for some school holiday fun and Chef Glen Barratt shares his Great Day Out. | **G** +GDOT18-018+ |

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| 02:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-004+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike visits Shoalhaven. Rose sets sail with Sydney Harbour Tall Ships. Lukes canoes in Albury. Lizzy eats out at the Junee Licorice & Chocolate Factory. Starring:ERICA DAVIS,LUKE CARROLL,LIZZY LOVETTE,ROSE KELLY,MIKE WHITNEY | **G** +7SWE25-040+ |

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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** +SAWE18-002+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Opa! Kip is embracing all things Greek which means dancing, feasting and smashing of plates! | **G** +7QWE18-012+ |

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| 04:30 | **Creek To Coast (R) ’CC’** Scotty is on the road on a 360-kilometre trip from Brisbane to Bundaberg with few must stop destinations along the way. | **G** +7CTC18-039+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Laurel is discovering the flavours of France in preparation for Le Festival, Luke and Sofie hit the Gold Coast for some school holiday fun and Chef Glen Barratt shares his Great Day Out. | **G** +GDOT18-018+ |

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| 05:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-004+ |

 **Thursday 08 August 2019**

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| 06:00 | **Carnival Cravings With Anthony Anderson: Bacon-Wrapped Heartland (R)** Anthony Anderson eats his way through the heartland at Prairie Fest in Oswego, gobbling up everything from bacon-wrapped roasted corn to a twist on a local specialty, a Chicago crab dog. | **PG** +CRAV01-004+ |

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| 06:30 | **Carnival Kings: We All Scream For Ice Cream! And Waffles! (R)** Chef Richie takes on Adam Terry of Waffle Love and his fluffy, ice cream-covered Dulce de Liege Waffle. | **PG** +CKIN01-004+ |

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| 07:00 | **Baked In Vermont: Italy Revisited (R)** Gesine has invited her friends over for a trip down memory lane and a big Italian dinner of Bolognese Lasagne and Caprese Salad. | **PG** +BAVE02-006+ |

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| 07:30 | **Guy's Grocery Games: Budget War (R)** Penny pinching is the name of the game as Guy Fieri challenges four chefs to budget wisely with $40 and two gruelling rounds of shopping and cooking. | **PG** +GUGG16-013+ |

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| 08:30 | **The Grill Dads: Not Your Ordinary Classics (R)** Classic food with outrageous twists are on the menu as the Grill Dads continue their road trip adventure across America. | **PG** +GRIL01-004+ |

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| 09:00 | **Comfort Food Tour: Bacon On Top (R)** What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG** +CMFT02-004+ |

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| 09:30 | **Giada At Home: Cocktails And Appetizers (R)** Giada De Laurentiis hosts a poolside cocktail party, but the appetizers are finger food versions of traditional breakfast foods like French Toast Fingers With Ginger Bourbon Maple Syrup. | **PG** +GIHO06-015+ |

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| 10:00 | **Baked In Vermont: Italy Revisited (R)** Gesine has invited her friends over for a trip down memory lane and a big Italian dinner of Bolognese Lasagne and Caprese Salad. | **PG** +BAVE02-006+ |

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| 10:30 | **Throwdown With Bobby Flay: Key Lime Pie (R)** Chef Bobby Flay better hope his Key Lime Pie won't be a lemon when he faces off against a dynamic duo. | **PG** +TWBF09-010+ |

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| 11:00 | **Restaurant: Impossible: No Day At The Beach (R)** When Chef Robert meets Jordan, the self-described stubborn owner of the Portu-Greek Cafe in Hudson, he knows that he's in for a challenge. | **PG** +RIMP08-013+ |

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| 12:00 | **Guy's Grocery Games: Budget War (R)** Penny pinching is the name of the game as Guy Fieri challenges four chefs to budget wisely with $40 and two gruelling rounds of shopping and cooking. | **PG** +GUGG16-013+ |

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| 13:00 | **Chopped: Tortellini Trials (R)** It's trying times in the appetizer round when the chefs aren't sure how to creatively use the pasta from the basket. | **PG** +CHPD28-008+ |

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| 14:00 | **Giada At Home: Cocktails And Appetizers (R)** Giada De Laurentiis hosts a poolside cocktail party, but the appetizers are finger food versions of traditional breakfast foods like French Toast Fingers With Ginger Bourbon Maple Syrup. | **PG** +GIHO06-015+ |

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| 14:30 | **The Grill Dads: Not Your Ordinary Classics (R)** Classic food with outrageous twists are on the menu as the Grill Dads continue their road trip adventure across America. | **PG** +GRIL01-004+ |

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| 15:00 | **Comfort Food Tour: Bacon On Top (R)** What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG** +CMFT02-004+ |

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| 15:30 | **Carnival Cravings With Anthony Anderson: Bacon-Wrapped Heartland (R)** Anthony Anderson eats his way through the heartland at Prairie Fest in Oswego, gobbling up everything from bacon-wrapped roasted corn to a twist on a local specialty, a Chicago crab dog. | **PG** +CRAV01-004+ |

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| 16:00 | **Carnival Kings: We All Scream For Ice Cream! And Waffles! (R)** Chef Richie takes on Adam Terry of Waffle Love and his fluffy, ice cream-covered Dulce de Liege Waffle. | **PG** +CKIN01-004+ |

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| 16:30 | **Baked In Vermont: Grill, Baby, Grill (R)** Gesine Prado creates some clever ways to bring baking to the grill while hosting an outdoor party to celebrate warm weather and good friends. | **PG** +BAVE02-007+ |

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| 17:00 | **Giada At Home: All Grown Up (R)** Giada De Laurentiis makes three comforting recipes that we all know and love from our childhood, but gives each recipe a grown-up spin. | **PG** +GIHO06-016+ |

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| 17:30 | **Guy's Grocery Games: Frozen Food Fight (R)** Flavortown has frozen over. Guy Fieri puts four talented chefs through three rounds of shopping and cooking from the frozen foods section. | **PG** +GUGG16-014+ |

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| 18:30 | **Chopped: Summer Heat (R)** For this heated summer battle, the chefs must work with seasonal foods like lobsters and cocktails in the first round. | **PG** +CHPD28-009+ |

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| 19:30 | **Ramsay's Kitchen Nightmares USA: Ms Jean's (R) ’CC’** Chef Ramsay visits Ms. Jean's Southern Cuisine in Wilkinsburg, PA, which is run by retired special education teacher Jean Gould. Starring:GORDON RAMSAY | **M (L)**+KNUS06-004+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: Rococo (R) ’CC’** Gordon finds a chef caught in a time warp when he tackles a picturesque but largely unfrequented upmarket restaurant in King's Lynn, a traditional market town on the Norfolk coast.  | **MA (L)**+RAKN03-003+ |

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| 21:30 | **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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| 22:30 | **Ramsay's Kitchen Nightmares USA: Prohibition Grille (R) ’CC’** Chef Ramsay extends a helping hand to Rishi Brown, a professional belly dancer turned restaurant owner who is unaware that her head chef is ruining her restaurant. Starring:GORDON RAMSAY | **M (L)**+KNUS06-014+ |

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| 23:30 | **Chopped: Summer Heat (R)** For this heated summer battle, the chefs must work with seasonal foods like lobsters and cocktails in the first round. | **PG** +CHPD28-009+ |

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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** +SAWE18-003+ |

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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** +7QWE18-013+ |

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| 01:30 | **Creek To Coast (R) ’CC’** Scotty and Kimberley team up with cricket personalities Jason Gillespie, Greg Blewett, Nathan Reardon and Amanda-Jade Wellington to explore the boating, camping and fishing in South Australia. | **G** +7CTC18-040+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Sofie is getting ready for Good Food Month. Alastair is showcasing some of the best Samford Valley produce and Tamsyn 'WAGS' work for a little Wednesday Afternoon Sailing. | **G** +GDOT18-019+ |

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| 02:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-005+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike shows how you can conserve water at home. Matt goes on a road trip to the central coast. Lizzy checks out Parramatta Leagues Club. Fliss checks out fabulous food in Newcastle. Starring:ERICA DAVIS,FELICITY URQUHART,LIZZY LOVETTE,MIKE WHITNEY,MATT BASELEY | **G** +7SWE25-041+ |

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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** +SAWE18-003+ |

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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** +7QWE18-013+ |

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| 04:30 | **Creek To Coast (R) ’CC’** Scotty and Kimberley team up with cricket personalities Jason Gillespie, Greg Blewett, Nathan Reardon and Amanda-Jade Wellington to explore the boating, camping and fishing in South Australia. | **G** +7CTC18-040+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Sofie is getting ready for Good Food Month. Alastair is showcasing some of the best Samford Valley produce and Tamsyn 'WAGS' work for a little Wednesday Afternoon Sailing. | **G** +GDOT18-019+ |

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| 05:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-005+ |

 **Friday 09 August 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike shows how you can conserve water at home. Matt goes on a road trip to the central coast. Lizzy checks out Parramatta Leagues Club. Fliss checks out fabulous food in Newcastle. Starring:ERICA DAVIS,FELICITY URQUHART,LIZZY LOVETTE,MIKE WHITNEY,MATT BASELEY | **G** +7SWE25-041+ |

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| 06:30 | **Throwdown With Bobby Flay: Baked Alaska (R)** After putting his own personal spin on the dish, Saul thinks he is being featured on a show that explains the chemistry of baking frozen parfait when Bobby Flay shows up.  | **PG** +TWBF09-012+ |

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| 07:00 | **Baked In Vermont: Grill, Baby, Grill (R)** Gesine Prado creates some clever ways to bring baking to the grill while hosting an outdoor party to celebrate warm weather and good friends. | **PG** +BAVE02-007+ |

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| 07:30 | **Guy's Grocery Games: Frozen Food Fight (R)** Flavortown has frozen over. Guy Fieri puts four talented chefs through three rounds of shopping and cooking from the frozen foods section. | **PG** +GUGG16-014+ |

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| 08:30 | **Rachael Ray's Week In A Day: Meatlovers' Lane (R)** A whole week's worth of meals that no meat lover can resist. | **PG** +WIAD03-003+ |

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| 09:30 | **Giada At Home: All Grown Up (R)** Giada De Laurentiis makes three comforting recipes that we all know and love from our childhood, but gives each recipe a grown-up spin. | **PG** +GIHO06-016+ |

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| 10:00 | **Baked In Vermont: Grill, Baby, Grill (R)** Gesine Prado creates some clever ways to bring baking to the grill while hosting an outdoor party to celebrate warm weather and good friends. | **PG** +BAVE02-007+ |

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| 10:30 | **Throwdown With Bobby Flay: Fried Green Tomato BLT (R)** Will Bobby Flay's sandwich be built BLT-tough or will it end up a fried green flop? | **PG** +TWBF09-011+ |

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| 11:00 | **Rachael Ray's Week In A Day: Meatlovers' Lane (R)** A whole week's worth of meals that no meat lover can resist. | **PG** +WIAD03-003+ |

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| 12:00 | **Guy's Grocery Games: Frozen Food Fight (R)** Flavortown has frozen over. Guy Fieri puts four talented chefs through three rounds of shopping and cooking from the frozen foods section. | **PG** +GUGG16-014+ |

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| 13:00 | **Chopped: Summer Heat (R)** For this heated summer battle, the chefs must work with seasonal foods like lobsters and cocktails in the first round. | **PG** +CHPD28-009+ |

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| 14:00 | **Giada At Home: All Grown Up (R)** Giada De Laurentiis makes three comforting recipes that we all know and love from our childhood, but gives each recipe a grown-up spin. | **PG** +GIHO06-016+ |

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| 14:30 | **Rachael Ray's Week In A Day: Meatlovers' Lane (R)** A whole week's worth of meals that no meat lover can resist. | **PG** +WIAD03-003+ |

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| 15:30 | **Baked In Vermont: Picnic For Two (R)** When the weather is nice, there's nothing that Gesine Prado and Ray enjoy more than eating outdoors under the beautiful Vermont sky. | **PG** +BAVE02-008+ |

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| 16:00 | **Throwdown With Bobby Flay: Baked Alaska (R)** After putting his own personal spin on the dish, Saul thinks he is being featured on a show that explains the chemistry of baking frozen parfait when Bobby Flay shows up.  | **PG** +TWBF09-012+ |

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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** +HOWL03-024+ |

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| 17:30 | **Guy's Grocery Games: Description Not Defined (R)** Guy Fieri sends four talented chefs running through the aisles in a high-stakes, high skills, grocery store cooking competition. | **PG** +GUGG16-015+ |

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| 18:30 | **Chopped: Deadliest Basket (R)** Chefs, beware: every round in this special competition will feature ingredients that are not just challenging, but actually dangerous! | **PG** +CHPD28-010+ |

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| 19:30 | **Bizarre Foods With Andrew Zimmern: San Francisco (R)** Curious about what happens to the thrown-out food from your favorite restaurants? Andrew gets a taste of some alternative food sources that may cause you to question your next meal. | **PG (A)**+BIFO04-012+ |

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| 20:30 | **Mystery Diners: Very Bad Bosses (R)** A waitstaff in California contact Charles to do a reverse sting on their employer, in order to bring their alleged mistreatment to light. | **PG** +MYSD09-003+ |

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| 21:00 | **Mystery Diners: Barrel Of Monkeys (R)** Damian, owner of Doffo Winery in Temecula, Calif., contacts Charles Stiles after noticing missing wine barrels. Mystery Diners Jamie and Kendall go undercover to see which employees are responsible. | **PG** +MYSD09-004+ |

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| 21:30 | **Cutthroat Kitchen: Sabotage Is Comin' To Town (R)** A game of white elephant determines the sabotages for a ham dinner; the chefs gather around a tree to open presents filled with ingredients; and holiday cookies are cooked in a fireplace. | **PG** +CUTK05-006+ |

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| 22:30 | **Carnival Cravings With Anthony Anderson: Bacon-Wrapped Heartland (R)** Anthony Anderson eats his way through the heartland at Prairie Fest in Oswego, gobbling up everything from bacon-wrapped roasted corn to a twist on a local specialty, a Chicago crab dog. | **PG** +CRAV01-004+ |

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| 23:00 | **Carnival Kings: We All Scream For Ice Cream! And Waffles! (R)** Chef Richie takes on Adam Terry of Waffle Love and his fluffy, ice cream-covered Dulce de Liege Waffle. | **PG** +CKIN01-004+ |

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| 23:30 | **Mystery Diners: Very Bad Bosses (R)** A waitstaff in California contact Charles to do a reverse sting on their employer, in order to bring their alleged mistreatment to light. | **PG** +MYSD09-003+ |

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| 00:00 | **Mystery Diners: Barrel Of Monkeys (R)** Damian, owner of Doffo Winery in Temecula, Calif., contacts Charles Stiles after noticing missing wine barrels. Mystery Diners Jamie and Kendall go undercover to see which employees are responsible. | **PG** +MYSD09-004+ |

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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** +SAWE18-004+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Chris is in a region that's got it all rainforest, reef, adventure and an island with more white sandy beaches than any in the Whitsundays. | **G** +7QWE18-014+ |

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| 01:30 | **Creek To Coast (R) ’CC’** Scotty teams up with cricket legends Geoff Marsh and Kim Hughes, and young guns Simon Mackin and Piepa Cleary to explore the boating, camping and fishing offerings in Western Australia. | **G** +7CTC18-041+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Sofie tackles one of the Scenic Rim's magnificent peaks, Tamsyn tests the Gold Coast's latest driving range and Damien is behind the scenes of a 'Beautiful' musical that opens in Brisbane this month. | **G** +GDOT18-020+ |

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| 02:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-006+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike checks out the best of the Tweed. Rose visits Dubbo, taking in Old Dubbo Gaol and Wellington Caves. Jack finds some great foodie spots on the Central Coast. Starring:JACK YABSLEY,ERICA DAVIS,LIZZY LOVETTE,ROSE KELLY,MIKE WHITNEY | **G** +7SWE25-042+ |

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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** +SAWE18-004+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Chris is in a region that's got it all rainforest, reef, adventure and an island with more white sandy beaches than any in the Whitsundays. | **G** +7QWE18-014+ |

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| 04:30 | **Creek To Coast (R) ’CC’** Scotty teams up with cricket legends Geoff Marsh and Kim Hughes, and young guns Simon Mackin and Piepa Cleary to explore the boating, camping and fishing offerings in Western Australia. | **G** +7CTC18-041+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Sofie tackles one of the Scenic Rim's magnificent peaks, Tamsyn tests the Gold Coast's latest driving range and Damien is behind the scenes of a 'Beautiful' musical that opens in Brisbane this month. | **G** +GDOT18-020+ |

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| 05:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-006+ |

 **Saturday 10 August 2019**

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| 06:00 | **Better Homes And Gardens (R) ’CC’** Joh checks out the Sydney home of Rachel Ward and Bryan Brown. Dr Harry meets some border protection puppies. Adam shows you how to make a good-looking stool and side table. Starring:BRYAN BROWN,RACHEL WARD | **G** +BHAG25-027+ |

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| 07:30 | **Baked In Vermont: Picnic For Two (R)** When the weather is nice, there's nothing that Gesine Prado and Ray enjoy more than eating outdoors under the beautiful Vermont sky. | **PG** +BAVE02-008+ |

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| 08:00 | **Throwdown With Bobby Flay: Fondue (R)** Bobby Flay takes on a gritty Frenchman with nerves of steel. It's fondue time for Bobby Flay in this Fondue Throwdown. | **PG** +TWBF09-013+ |

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| 08:30 | **Guy's Grocery Games: Description Not Defined (R)** Guy Fieri sends four talented chefs running through the aisles in a high-stakes, high skills, grocery store cooking competition. | **PG** +GUGG16-015+ |

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| 09:30 | **Baked In Vermont: Picnic For Two (R)** When the weather is nice, there's nothing that Gesine Prado and Ray enjoy more than eating outdoors under the beautiful Vermont sky. | **PG** +BAVE02-008+ |

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| 10:00 | **Cutthroat Kitchen: Sabotage Is Comin' To Town (R)** A game of white elephant determines the sabotages for a ham dinner; the chefs gather around a tree to open presents filled with ingredients; and holiday cookies are cooked in a fireplace. | **PG** +CUTK05-006+ |

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| 11:00 | **Bizarre Foods With Andrew Zimmern: San Francisco (R)** Curious about what happens to the thrown-out food from your favorite restaurants? Andrew gets a taste of some alternative food sources that may cause you to question your next meal. | **PG (A)**+BIFO04-012+ |

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| 12:00 | **Chopped: Deadliest Basket (R)** Chefs, beware: every round in this special competition will feature ingredients that are not just challenging, but actually dangerous! | **PG** +CHPD28-010+ |

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| 13:00 | **Cutthroat Kitchen: Sabotage Is Comin' To Town (R)** A game of white elephant determines the sabotages for a ham dinner; the chefs gather around a tree to open presents filled with ingredients; and holiday cookies are cooked in a fireplace. | **PG** +CUTK05-006+ |

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| 14:00 | **Carnival Cravings With Anthony Anderson: Bacon-Wrapped Heartland (R)** Anthony Anderson eats his way through the heartland at Prairie Fest in Oswego, gobbling up everything from bacon-wrapped roasted corn to a twist on a local specialty, a Chicago crab dog. | **PG** +CRAV01-004+ |

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| 14:30 | **Carnival Kings: We All Scream For Ice Cream! And Waffles! (R)** Chef Richie takes on Adam Terry of Waffle Love and his fluffy, ice cream-covered Dulce de Liege Waffle. | **PG** +CKIN01-004+ |

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| 15:00 | **Guy's Grocery Games: Description Not Defined (R)** Guy Fieri sends four talented chefs running through the aisles in a high-stakes, high skills, grocery store cooking competition. | **PG** +GUGG16-015+ |

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| 16:00 | **Bizarre Foods With Andrew Zimmern: San Francisco (R)** Curious about what happens to the thrown-out food from your favorite restaurants? Andrew gets a taste of some alternative food sources that may cause you to question your next meal. | **PG (A)**+BIFO04-012+ |

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| 17:00 | **Carnival Cravings With Anthony Anderson: Bacon-Wrapped Heartland (R)** Anthony Anderson eats his way through the heartland at Prairie Fest in Oswego, gobbling up everything from bacon-wrapped roasted corn to a twist on a local specialty, a Chicago crab dog. | **PG** +CRAV01-004+ |

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| 17:30 | **Carnival Kings: We All Scream For Ice Cream! And Waffles! (R)** Chef Richie takes on Adam Terry of Waffle Love and his fluffy, ice cream-covered Dulce de Liege Waffle. | **PG** +CKIN01-004+ |

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| 18:00 | **Mystery Diners: Very Bad Bosses (R)** A waitstaff in California contact Charles to do a reverse sting on their employer, in order to bring their alleged mistreatment to light. | **PG** +MYSD09-003+ |

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| 18:30 | **Mystery Diners: Barrel Of Monkeys (R)** Damian, owner of Doffo Winery in Temecula, Calif., contacts Charles Stiles after noticing missing wine barrels. Mystery Diners Jamie and Kendall go undercover to see which employees are responsible. | **PG** +MYSD09-004+ |

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| 19:00 | **My France With Manu: Brittany (R) ’CC’** Manu Feildel takes us home to the French province of Brittany and shares his story. He visits his mother in Guidel, relives his first apprenticeship and cooks with his Uncle at his charcuterie. | **PG** +MANU-001+ |

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| 20:00 | **Beach Eats USA: Island Bites NEW EPISODE**It's island life for Curtis Stone as he hops from California to Georgia to Florida in search of adventure and the most incredible island bites. | **PG** +BEEA01-004+ |

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| 20:30 | **Iron Chef America: Izard VS. Battes (R)** Chef Erik Battes - a fruit of Iron Chef Morimoto's culinary tree - applies modern takes to an ancient ingredient in a battle against Iron Chef Stephanie Izard. | **PG** +ICAM13-002+ |

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| 21:30 | **Ramsay's Kitchen Nightmares USA: Chappy's (R) ’CC’** John and Starr Champan's last restaurant was destroyed during Hurricane Katrina. Can Chef Ramsay help them find new success in Nashville? Starring:GORDON RAMSAY | **M (L)**+KNUS06-015+ |

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| 22:30 | **The Grill Dads: Not Your Ordinary Classics (R)** Classic food with outrageous twists are on the menu as the Grill Dads continue their road trip adventure across America. | **PG** +GRIL01-004+ |

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| 23:00 | **Comfort Food Tour: Bacon On Top (R)** What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG** +CMFT02-004+ |

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| 23:30 | **Diners, Drive-Ins and Dives: Meat Lover's Paradise (R)** Guy Fieri's signing up for a meat-crazed master class. | **PG** +DDID18-002+ |

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| 00:00 | **Diners, Drive-Ins and Dives: Servin' Up San Francisco (R)** Guy Fieri's cruisin' the San Francisco coast for a diverse culinary road trip. | **PG** +DDID18-003+ |

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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** +SAWE18-005+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Kip's headed out west for cotton picking season, Lee is enjoying school holiday fun at Kingfisher Bay and Sammie is exploring Brisbane city by bike. | **G** +7QWE18-015+ |

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| 01:30 | **Creek To Coast (R) ’CC’** There is action aplenty as cricket personalities James Brayshaw, Simon O'Donnell and John Hastings show Scotty some of Victoria's best boating, camping and fishing hotspots. | **G** +7CTC18-042+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Jill shares a glimpse into traditional initiations, ARIA Award winner Anthony Callea shares his Great Day Out. Alastair is on a food trek and Sofie has a few ideas for your next driving adventure. | **G** +GDOT18-021+ |

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| 02:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-007+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike makes a splash in Coffs Harbour with Dolphin Marine Magic. Karen gets some off-roading tips from David Wilson at I-Venture Club. Rose checks out some of Sydney's best rooftop bars. Starring:ERICA DAVIS,KAREN LEDBURY,ROSE KELLY,MIKE WHITNEY,MATT BASELEY | **G** +7SWE25-043+ |

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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** +SAWE18-005+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Kip's headed out west for cotton picking season, Lee is enjoying school holiday fun at Kingfisher Bay and Sammie is exploring Brisbane city by bike. | **G** +7QWE18-015+ |

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| 04:30 | **Creek To Coast (R) ’CC’** There is action aplenty as cricket personalities James Brayshaw, Simon O'Donnell and John Hastings show Scotty some of Victoria's best boating, camping and fishing hotspots. | **G** +7CTC18-042+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Jill shares a glimpse into traditional initiations, ARIA Award winner Anthony Callea shares his Great Day Out. Alastair is on a food trek and Sofie has a few ideas for your next driving adventure. | **G** +GDOT18-021+ |

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| 05:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-007+ |