**Sunday 06 January 2019**

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| 06:00 | **Creek To Coast (R) ’CC’** If you like 4WDing and fishing then Andrew has the place for you, Liz is surfing with a young gun. Only caught one fish, Sally can turn it into a meal for many and Scotty checks out Beautiful Betsy. | **G** +7CTC18-011+ |

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| 06:30 | **Ten Dollar Dinners: Little Helpers, Big Brunch (R)** Melissa d'Arabian cooks a weekend brunch menu with two enthusiastic helpers: her daughters.  | **PG** +TEDD07-006+ |

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| 07:00 | **Rachael Ray's Week In A Day: Diner Lovers' Week (R)** The woman who taught America how to make a meal in 30 minutes is back with an even bigger promise: one day of cooking, up to five days of eating! | **PG** +WIAD05-007+ |

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| 08:00 | **Intolerant Cooks: Ep 1 - Every Day I'm Brusselin' (R)** Join witty food intolerants as they create delicious recipes using fresh regional produce for those with food sensitivities. | **G** +INTC04-001+ |

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| 08:30 | **My France With Manu: Brittany - Part 2 (R) ’CC’** Tonight, Manu makes his way through the wine region of Bordeaux, along the Dordogne river. Then, he heads to the surfing mecca of Biarritz where his sister lives and joins in a family reunion. | **PG** +MANU-002+ |

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| 09:30 | **Throwdown With Bobby Flay: Beef Empanadas (R)** Frank has the audience dancing to his drumming and hungry for his food but when Bobby Flay shows up, will he be able to keep up with the beat or will he get beat in this flavourful competition? | **PG** +TWBF09-002+ |

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| 10:00 | **Iron Chef America: Zakarian VS. Darin (R)** Chef Fernando Darin was born into an Italian family in the Brazilian countryside and he's bringing his international flair to his culinary contest with Iron Chef Geoffrey Zakarian. | **PG** +ICAM13-003+ |

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| 11:00 | **Iron Chef America: Garces VS. Spence (R)** Seattle Chef Carolynn Spence brings her Pacific Northwest cuisine into Kitchen Stadium to battle Iron Chef Jose Garces.  | **PG** +ICAM13-004+ |

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| 12:00 | **Guy's Grocery Games: Last Judge Standing Tournament, Pt. 3 (R)** Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG** +GUGG15-007+ |

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| 13:00 | **Intolerant Cooks: Ep 1 - Every Day I'm Brusselin' (R)** Join witty food intolerants as they create delicious recipes using fresh regional produce for those with food sensitivities. | **G** +INTC04-001+ |

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| 13:30 | **My France With Manu: Brittany - Part 2 (R) ’CC’** Tonight, Manu makes his way through the wine region of Bordeaux, along the Dordogne river. Then, he heads to the surfing mecca of Biarritz where his sister lives and joins in a family reunion. | **PG** +MANU-002+ |

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| 16:00 | **Iron Chef America: Garces VS. Spence (R)** Seattle Chef Carolynn Spence brings her Pacific Northwest cuisine into Kitchen Stadium to battle Iron Chef Jose Garces.  | **PG** +ICAM13-004+ |

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| 17:00 | **Kid's Baking Championship: Bite-Sized Birthday Party (R)** Valerie Bertinelli and Duff Goldman love birthday parties at the park so they're taking this inspiration to the Big Bake Challenge. | **PG** +KBAC05-006+ |

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| 18:00 | **Kid's Baking Championship: Winning Colors NEW EPISODE**Thunder claps and lightning strikes greet the bakers but when the storms pass, a rainbow appears and inspires the final challenge - rainbow cakes. | **PG** +KBAC05-007+ |

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| 19:00 | **Ridiculous Cakes: Don't Mess With Texas NEW EPISODE**A cake artist crafts an impressive pinball machine cake that can actually be played. | **PG** +RICA02-006+ |

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| 19:30 | **Cake Wars: Trolls (R) NEW EPISODE**Cake Wars joins Poppy and her friend Branch for an epic adventure, as four bakers go to battle to have their cake at the center of a party celebrating the DreamWorks animated movie Trolls. | **PG** +CAKW04-006+ |

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| 20:30 | **Cupcake Wars: The All-American Rejects NEW EPISODE**Four returning bakers, all looking a second chance to win Cupcake Wars, will have to hit just the right note if they want to have their cupcakes featured at a VIP party for The All-American Rejects. | **PG** +CUPW07-006+ |

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| 21:30 | **Cake Masters: Flaming-Hot Fiesta Cake NEW EPISODE**Things get hot for Duff Goldman and his crew as they create a fire-shooting Mexican fiesta cake for hot sauce giant Tapatio and a towering cookie cake for a Los Angeles convention. | **PG** +CAMA01-006+ |

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| 22:30 | **Ridiculous Cakes: Don't Mess With Texas (R)** A cake artist crafts an impressive pinball machine cake that can actually be played. | **PG** +RICA02-006+ |

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| 23:00 | **Kid's Baking Championship: Bite-Sized Birthday Party (R)** Valerie Bertinelli and Duff Goldman love birthday parties at the park so they're taking this inspiration to the Big Bake Challenge. | **PG** +KBAC05-006+ |

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| 01:00 | **Sydney Weekender (R) ’CC’** Mike visits the South Coast, and goes on a kayak trip with Total Eco Adventures. Fliss goes to Tilba for an insight into indigenous culture. Mel is in the Murrumbateman for a weekend of exploring. Starring:ERICA DAVIS,FELICITY URQUHART,SALLY STANTON,MEL SYMONS,MIKE WHITNEY | **G** +7SWE25-035+ |

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| 01:30 | **The Great Day Out (R) ’CC’** Jill unleashes her creative side. Laurel is in a town, rich in history. Paralympic swimmer Karni Liddell shares her Great Day Out, while Sofie is visiting some innovative and passionate producers. | **G** +GDOT18-036+ |

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| 02:00 | **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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| 02:30 | **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** +7CTC18-012+ |

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| 03:00 | **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** +SAWE17-032+ |

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| 03:30 | **Home In WA (R)** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-001+ |

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| 04:00 | **Sean's Kitchen (R) ’CC’** Follow Sean Connolly, one of Australia's most well-respected and celebrated chefs, in his bid to showcase outstanding South Australian produce in his new restaurant named Sean's Kitchen. | **PG** +SEKI-001+ |

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| 04:30 | **Sydney Weekender (R) ’CC’** Mike visits the South Coast, and goes on a kayak trip with Total Eco Adventures. Fliss goes to Tilba for an insight into indigenous culture. Mel is in the Murrumbateman for a weekend of exploring. Starring:ERICA DAVIS,FELICITY URQUHART,SALLY STANTON,MEL SYMONS,MIKE WHITNEY | **G** +7SWE25-035+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Jill unleashes her creative side. Laurel is in a town, rich in history. Paralympic swimmer Karni Liddell shares her Great Day Out, while Sofie is visiting some innovative and passionate producers. | **G** +GDOT18-036+ |

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 **Monday 07 January 2019**

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| 06:00 | **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** +SAWE17-032+ |

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| 06:30 | **Better Homes And Gardens (R) ’CC’** Joh, Adam, Jason, Graham and Tara help a family finish off the renovations that they began years ago. Karen makes a fennel spiced barbecue chicken salad. Dr Harry shares tips on how to keep pets cool. | +BHAG24-001+ |

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| 08:00 | **Cake Wars: Trolls (R)** Cake Wars joins Poppy and her friend Branch for an epic adventure, as four bakers go to battle to have their cake at the center of a party celebrating the DreamWorks animated movie Trolls. | **PG** +CAKW04-006+ |

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| 09:00 | **Cupcake Wars: The All-American Rejects (R)** Four returning bakers, all looking a second chance to win Cupcake Wars, will have to hit just the right note if they want to have their cupcakes featured at a VIP party for The All-American Rejects. | **PG** +CUPW07-006+ |

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| 10:00 | **Cake Masters: Flaming-Hot Fiesta Cake (R)** Things get hot for Duff Goldman and his crew as they create a fire-shooting Mexican fiesta cake for hot sauce giant Tapatio and a towering cookie cake for a Los Angeles convention. | **PG** +CAMA01-006+ |

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| 11:00 | **Kid's Baking Championship: Bite-Sized Birthday Party (R)** Valerie Bertinelli and Duff Goldman love birthday parties at the park so they're taking this inspiration to the Big Bake Challenge. | **PG** +KBAC05-006+ |

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| 12:00 | **Kid's Baking Championship: Winning Colors (R)** Thunder claps and lightning strikes greet the bakers but when the storms pass, a rainbow appears and inspires the final challenge - rainbow cakes. | **PG** +KBAC05-007+ |

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| 14:00 | **Giada At Home: Jade's Sleepover** Giada De Laurentiis creates a delicious kid friendly menu for her daughter, Jade's, sleep-over party. | **PG** +GIHO06-004+ |

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| 14:30 | **The Kitchen NEW EPISODE**A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG** +TKIT13-001+ |

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| 15:30 | **Baked In Vermont: Make Ahead, Bake Ahead NEW EPISODE**Gesine Prado is sharing her tips and tricks for stocking a freezer full of baked goodies ready to go in a pinch. | **PG** +BAVE02-001+ |

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| 16:00 | **Cake Wars: Trolls (R)** Cake Wars joins Poppy and her friend Branch for an epic adventure, as four bakers go to battle to have their cake at the center of a party celebrating the DreamWorks animated movie Trolls. | **PG** +CAKW04-006+ |

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| 17:00 | **Cupcake Wars: The All-American Rejects (R)** Four returning bakers, all looking a second chance to win Cupcake Wars, will have to hit just the right note if they want to have their cupcakes featured at a VIP party for The All-American Rejects. | **PG** +CUPW07-006+ |

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| 18:00 | **Ridiculous Cakes: Don't Mess With Texas (R)** A cake artist crafts an impressive pinball machine cake that can actually be played. | **PG** +RICA02-006+ |

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| 18:30 | **Chopped: Thanks, Mom! NEW EPISODE**Four famous Food Network cooks - Ted Allen, Jeff Mauro, Jet Tila and Chris Santos - compete with their mums.  | **PG** +CHPD34-006+ |

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| 19:30 | **Best Baker In America: Chocolate** The final bakers make a perfect chocolate souffle in the Skills Challenge before baking the ultimate chocolate liquor cake in the Master Challenge. | **PG** +BBIA01-006+ |

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| 20:30 | **Spring Baking Championship** It's time for the country's top bakers to take on springtime treats as they enter the kitchen to show off their superb baking skills. | **PG** +SPBC04-002+ |

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| 21:30 | **TBA:** TBC | ++ |

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| 22:30 | **Best Baker In America: Chocolate (R)** The final bakers make a perfect chocolate souffle in the Skills Challenge before baking the ultimate chocolate liquor cake in the Master Challenge. | **PG** +BBIA01-006+ |

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| 23:30 | **Chopped: Thanks, Mom! (R)** Four famous Food Network cooks - Ted Allen, Jeff Mauro, Jet Tila and Chris Santos - compete with their mums.  | **PG** +CHPD34-006+ |

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| 00:30 | **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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| 01:00 | **The Great Day Out (R) ’CC’** Laurel checks out Queensland's first library of things, Courtney enjoys some old fashioned fun at The Ginger Factory while Sofie is in paradise, just off the coast of Brisbane. | **G** +GDOT18-037+ |

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| 01:30 | **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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| 02:00 | **Creek To Coast (R) ’CC’** This week, Sally is on the water at Moreton Island, Olivia is underwater on the Tangalooma Wrecks, and Scotty is on dam water, on the hunt for an elusive one metre barra. | **G** +7CTC18-013+ |

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| 02:30 | **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** +SAWE17-033+ |

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| 03:00 | **Home In WA (R)** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-002+ |

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| 03:30 | **Sean's Kitchen (R) ’CC’** Follow Sean Connolly, one of Australia's most well-respected and celebrated chefs, in his bid to showcase outstanding South Australian produce in his new restaurant named Sean's Kitchen. | **PG** +SEKI-002+ |

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| 04:00 | **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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| 04:30 | **The Great Day Out (R) ’CC’** Laurel checks out Queensland's first library of things, Courtney enjoys some old fashioned fun at The Ginger Factory while Sofie is in paradise, just off the coast of Brisbane. | **G** +GDOT18-037+ |

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| 05:00 | **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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| 05:30 | **Creek To Coast (R) ’CC’** This week, Sally is on the water at Moreton Island, Olivia is underwater on the Tangalooma Wrecks, and Scotty is on dam water, on the hunt for an elusive one metre barra. | **G** +7CTC18-013+ |

 **Tuesday 08 January 2019**

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| 06:00 | **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** +SAWE17-033+ |

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| 06:30 | **Baked In Vermont: Make Ahead, Bake Ahead (R)** Gesine Prado is sharing her tips and tricks for stocking a freezer full of baked goodies ready to go in a pinch. | **PG** +BAVE02-001+ |

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| 07:00 | **Giada At Home: Jade's Sleepover (R)** Giada De Laurentiis creates a delicious kid friendly menu for her daughter, Jade's, sleep-over party. | **PG** +GIHO06-004+ |

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| 07:30 | **The Kitchen (R)** A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG** +TKIT13-001+ |

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| 08:30 | **TBA:** TBC | ++ |

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| 09:30 | **Spring Baking Championship (R)** It's time for the country's top bakers to take on springtime treats as they enter the kitchen to show off their superb baking skills. | **PG** +SPBC04-002+ |

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| 10:30 | **Baked In Vermont: Make Ahead, Bake Ahead (R)** Gesine Prado is sharing her tips and tricks for stocking a freezer full of baked goodies ready to go in a pinch. | **PG** +BAVE02-001+ |

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| 11:00 | **The Kitchen (R)** A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG** +TKIT13-001+ |

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| 12:00 | **TBA:** TBC | ++ |

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| 13:00 | **Giada At Home: Diner Favorites** Giada De Laurentiis puts an elegant spin on the classic burger, fries and shakes combo. In the kitchen she creates Giada's Diner Burger with the works. | **PG** +GIHO06-005+ |

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| 13:30 | **Chopped: Thanks, Mom! (R)** Four famous Food Network cooks - Ted Allen, Jeff Mauro, Jet Tila and Chris Santos - compete with their mums.  | **PG** +CHPD34-006+ |

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| 14:30 | **The Kitchen NEW EPISODE**A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG** +TKIT13-002+ |

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| 15:30 | **Baked In Vermont: Ice Ice Baby NEW EPISODE**Gesine Prado and her husband, Ray, are celebrating the end of their first season on the local curling team by inviting the whole gang over for a party. | **PG** +BAVE02-002+ |

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| 16:00 | **Giada At Home: Jade's Sleepover (R)** Giada De Laurentiis creates a delicious kid friendly menu for her daughter, Jade's, sleep-over party. | **PG** +GIHO06-004+ |

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| 16:30 | **Best Baker In America: Chocolate (R)** The final bakers make a perfect chocolate souffle in the Skills Challenge before baking the ultimate chocolate liquor cake in the Master Challenge. | **PG** +BBIA01-006+ |

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| 17:30 | **Spring Baking Championship (R)** It's time for the country's top bakers to take on springtime treats as they enter the kitchen to show off their superb baking skills. | **PG** +SPBC04-002+ |

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| 18:30 | **Chopped: Flour Power NEW EPISODE**Four bold female bakers attempt to rise to the challenge and clinch a $10,000 victory. | **PG** +CHPD34-007+ |

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| 19:30 | **Mystery Diners: Crooked Contest** After hearing rumors that their songwriting contest is rigged, Rose and Tom of Belcourt Taps in Nashville contact Charles Stiles for help. 80's pop star Tiffany goes undercover as a Mystery Diner. | **PG (L,A)**+MYSD11-011+ |

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| 20:00 | **Mystery Diners: Rigged Rental** Steve, owner of Nashville Street Tacos and The Stillery in Nashville, believes his part-time apartment above his restaurant is being used while he's out of town.  | **PG (L,A)**+MYSD11-012+ |

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| 20:30 | **Restaurant Impossible: Living In The Dark Ages NEW EPISODE**Chef Robert Irvine tackles his first-ever theme restaurant, when he comes to the aid of Buzz, the owner of Cave Inn BBQ, a new caveman/dinosaur themed restaurant. | **PG** +RIMP08-011+ |

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| 21:30 | **Restaurant Impossible: Saving Grace NEW EPISODE**Grace and Eddie invested their savings and borrowed money to open up Grace's Place Bagels and Deli in Palm Coast. Two years and $320,000 in debt later, Chef Robert Irvine is their last hope. | **PG** +RIMP08-012+ |

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| 22:30 | **Mystery Diners: Crooked Contest (R)** After hearing rumors that their songwriting contest is rigged, Rose and Tom of Belcourt Taps in Nashville contact Charles Stiles for help. 80's pop star Tiffany goes undercover as a Mystery Diner. | **PG (L,A)**+MYSD11-011+ |

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| 23:00 | **Mystery Diners: Rigged Rental (R)** Steve, owner of Nashville Street Tacos and The Stillery in Nashville, believes his part-time apartment above his restaurant is being used while he's out of town.  | **PG (L,A)**+MYSD11-012+ |

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| 00:30 | **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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| 01:00 | **The Great Day Out (R) ’CC’** Jillian enjoys a foodie trail on the Redlands Coast, 7 News sports presenter Ben Davis shares his Great Day Out while Courtney heads bush for a different take on a music festival. | **G** +GDOT18-038+ |

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| 01:30 | **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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| 02:00 | **Creek To Coast (R) ’CC’** Roger goes snorkelling safari style, Scott teams up with local father-son duo and Olivia has an amazing yabby hack. | **G** +7CTC18-014+ |

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| 02:30 | **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** +SAWE17-034+ |

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| 05:00 | **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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| 05:30 | **Creek To Coast (R) ’CC’** Roger goes snorkelling safari style, Scott teams up with local father-son duo and Olivia has an amazing yabby hack. | **G** +7CTC18-014+ |

 **Wednesday 09 January 2019**

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| 06:00 | **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** +SAWE17-034+ |

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| 06:30 | **Baked In Vermont: Ice Ice Baby (R)** Gesine Prado and her husband, Ray, are celebrating the end of their first season on the local curling team by inviting the whole gang over for a party. | **PG** +BAVE02-002+ |

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| 07:00 | **Giada At Home: Diner Favorites (R)** Giada De Laurentiis puts an elegant spin on the classic burger, fries and shakes combo. In the kitchen she creates Giada's Diner Burger with the works. | **PG** +GIHO06-005+ |

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| 07:30 | **The Kitchen (R)** A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG** +TKIT13-002+ |

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| 08:30 | **Restaurant Impossible: Living In The Dark Ages (R)** Chef Robert Irvine tackles his first-ever theme restaurant, when he comes to the aid of Buzz, the owner of Cave Inn BBQ, a new caveman/dinosaur themed restaurant. | **PG** +RIMP08-011+ |

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| 09:30 | **Restaurant Impossible: Saving Grace (R)** Grace and Eddie invested their savings and borrowed money to open up Grace's Place Bagels and Deli in Palm Coast. Two years and $320,000 in debt later, Chef Robert Irvine is their last hope. | **PG** +RIMP08-012+ |

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| 10:30 | **Baked In Vermont: Ice Ice Baby (R)** Gesine Prado and her husband, Ray, are celebrating the end of their first season on the local curling team by inviting the whole gang over for a party. | **PG** +BAVE02-002+ |

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| 11:00 | **The Kitchen (R)** A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG** +TKIT13-002+ |

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| 12:00 | **Restaurant Impossible: Living In The Dark Ages (R)** Chef Robert Irvine tackles his first-ever theme restaurant, when he comes to the aid of Buzz, the owner of Cave Inn BBQ, a new caveman/dinosaur themed restaurant. | **PG** +RIMP08-011+ |

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| 13:00 | **Giada At Home: Ghoulish Goodies** It's Halloween and Giada De Laurentiis is creating spooky treats for the kids to enjoy at her festive backyard party. | **PG** +GIHO06-006+ |

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| 13:30 | **Chopped: Flour Power (R)** Four bold female bakers attempt to rise to the challenge and clinch a $10,000 victory. | **PG** +CHPD34-007+ |

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| 14:30 | **The Kitchen NEW EPISODE**A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG** +TKIT13-003+ |

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| 15:30 | **Baked In Vermont: Vermont Tree Juice NEW EPISODE**Late spring in Vermont can only mean one thing - maple syrup. Gesine Prado is baking up a big brunch with what remains of last season's maple syrup harvest. | **PG** +BAVE02-003+ |

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| 16:00 | **Giada At Home: Diner Favorites (R)** Giada De Laurentiis puts an elegant spin on the classic burger, fries and shakes combo. In the kitchen she creates Giada's Diner Burger with the works. | **PG** +GIHO06-005+ |

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| 16:30 | **Restaurant Impossible: Saving Grace (R)** Grace and Eddie invested their savings and borrowed money to open up Grace's Place Bagels and Deli in Palm Coast. Two years and $320,000 in debt later, Chef Robert Irvine is their last hope. | **PG** +RIMP08-012+ |

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| 17:30 | **Mystery Diners: Crooked Contest (R)** After hearing rumors that their songwriting contest is rigged, Rose and Tom of Belcourt Taps in Nashville contact Charles Stiles for help. 80's pop star Tiffany goes undercover as a Mystery Diner. | **PG (L,A)**+MYSD11-011+ |

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| 18:00 | **Mystery Diners: Rigged Rental (R)** Steve, owner of Nashville Street Tacos and The Stillery in Nashville, believes his part-time apartment above his restaurant is being used while he's out of town.  | **PG (L,A)**+MYSD11-012+ |

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| 18:30 | **Chopped: Snap Pea To It! NEW EPISODE**The chefs must make lamb appetizers that include a trendy toast, and one competitor gets a little overzealous trying to make his plates pretty. | **PG** +CHPD34-008+ |

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| 19:30 | **Ramsay's Hotel Hell: The Monticello Hotel (R) ’CC’** Gordon Ramsay travels across the US to fix some of its most horrendous hotels, troubled inns and struggling resorts. He will endure hotels at their worst, all so unsuspecting guests don't have to. Starring:GORDON RAMSAY | **M (L)**+HELL02-002+ |

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| 20:30 | **Ramsay's Kitchen Nightmares USA: Olde Hitch (R) ’CC’** Tom Kessaris bought out Olde Hitching Post in Hanson, MA to hand over to his daughter, Andrea, but he never fully gave her control. Chef Ramsay is on the case. Starring:GORDON RAMSAY | **M (L)**+KNUS06-007+ |

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| 21:30 | **Ramsay's Kitchen Nightmares USA: Levanti's (R) ’CC’** Competition has driven the brother-and-sister team that run Levanti’s insane. Can Chef Ramsay save the family establishment? Starring:GORDON RAMSAY | **M (L)**+KNUS06-008+ |

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| 22:30 | **Ramsay's Kitchen Nightmares USA: Sam's Kabob (R) ’CC’** The staff at Sam’s Mediterranean Grille are constantly fighting each other, even in front of customers. Gordon Ramsay helps the owner make peace. Starring:GORDON RAMSAY | **M (L)**+KNUS06-009+ |

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| 23:30 | **Chopped: Snap Pea To It! (R)** The chefs must make lamb appetizers that include a trendy toast, and one competitor gets a little overzealous trying to make his plates pretty. | **PG** +CHPD34-008+ |

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| 00:30 | **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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| 01:00 | **The Great Day Out (R) ’CC’** From public art, to private galleries Laurel is discovering the arts scene on the Redlands Coast. Jess is aboard the Mary Valley Rattler while Sofie is playing tourist in her own city. | **G** +GDOT18-039+ |

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| 01:30 | **Queensland Weekender (R) ’CC’** Victoria is on the ultimate eco experience. | **G** +7QWE18-040+ |

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| 02:00 | **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** +7CTC18-015+ |

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| 02:30 | **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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| 03:00 | **Home In WA (R)** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-004+ |

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| 03:30 | **Sean's Kitchen (R) ’CC’** Follow Sean Connolly, one of Australia's most well-respected and celebrated chefs, in his bid to showcase outstanding South Australian produce in his new restaurant named Sean's Kitchen. | **PG** +SEKI-004+ |

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| 04:00 | **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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| 04:30 | **The Great Day Out (R) ’CC’** From public art, to private galleries Laurel is discovering the arts scene on the Redlands Coast. Jess is aboard the Mary Valley Rattler while Sofie is playing tourist in her own city. | **G** +GDOT18-039+ |

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| 05:00 | **Queensland Weekender (R) ’CC’** Victoria is on the ultimate eco experience. | **G** +7QWE18-040+ |

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| 05:30 | **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** +7CTC18-015+ |

 **Thursday 10 January 2019**

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| 06:00 | **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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| 06:30 | **Baked In Vermont: Vermont Tree Juice (R)** Late spring in Vermont can only mean one thing - maple syrup. Gesine Prado is baking up a big brunch with what remains of last season's maple syrup harvest. | **PG** +BAVE02-003+ |

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| 07:00 | **Giada At Home: Ghoulish Goodies (R)** It's Halloween and Giada De Laurentiis is creating spooky treats for the kids to enjoy at her festive backyard party. | **PG** +GIHO06-006+ |

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| 07:30 | **The Kitchen (R)** A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG** +TKIT13-003+ |

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| 08:30 | **Better Homes And Gardens (R) ’CC’** Joh meets with snowboarder Cameron Bolton and skiier Lydia Lassila, ahead of their Winter Olympics appearances. Adam shows you how to make a skateboard ramp for kids.  | **G** +BHAG24-002+ |

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| 10:00 | **Intolerant Cooks: Ep 8 - Yummy, Yummy, Yummy I Got Curry In My Tummy! (R)** Join witty food intolerants as they create delicious recipes using fresh regional produce for those with food sensitivities. | **PG** +INTC04-008+ |

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| 10:30 | **Baked In Vermont: Vermont Tree Juice (R)** Late spring in Vermont can only mean one thing - maple syrup. Gesine Prado is baking up a big brunch with what remains of last season's maple syrup harvest. | **PG** +BAVE02-003+ |

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| 11:00 | **The Kitchen (R)** A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG** +TKIT13-003+ |

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| 12:00 | **Guy's Grocery Games: One Shop Showdown (R)** Four thrifty chefs are given only one five-minute shop and $60 to buy all the groceries to last them the entire competition. | **PG** +GUGG15-003+ |

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| 13:00 | **Giada At Home: Casino Night** Giada De Laurentiis and her husband Todd host a glamorous casino night party inspired by Giada's recent trip to Monte Carlo. | **PG** +GIHO06-007+ |

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| 13:30 | **Chopped: Snap Pea To It! (R)** The chefs must make lamb appetizers that include a trendy toast, and one competitor gets a little overzealous trying to make his plates pretty. | **PG** +CHPD34-008+ |

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| 14:30 | **The Kitchen NEW EPISODE**A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG** +TKIT13-004+ |

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| 15:30 | **Baked In Vermont: The Leftovers NEW EPISODE**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 | **Giada At Home: Ghoulish Goodies (R)** It's Halloween and Giada De Laurentiis is creating spooky treats for the kids to enjoy at her festive backyard party. | **PG** +GIHO06-006+ |

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| 16:30 | **Guy's Grocery Games: One Shop Showdown (R)** Four thrifty chefs are given only one five-minute shop and $60 to buy all the groceries to last them the entire competition. | **PG** +GUGG15-003+ |

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| 17:30 | **Rachael Ray's Week In A Day: Amazing Grains (R)** Rachael showcases five great grains that can give you a head start on an entire week of nutritious and delicious eating. | **PG** +WIAD05-003+ |

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| 18:30 | **Chopped: Grill Game NEW EPISODE**No ovens? No problem. The chefs give the grill pans a major workout in this special competition, where they must get grillin' from the get-go. | **PG** +CHPD34-009+ |

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| 19:30 | **The Great Food Truck Race: Family Face-Off: The Island NEW EPISODE**The final two teams head back to Los Angeles, where their trucks have a ferry to catch to Catalina Island. | **PG** +GFTR07-005+ |

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| 20:30 | **Diners, Drive-Ins And Dives: Poutine, Pizza And Pork** 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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| 21:00 | **Diners, Drive-Ins and Dives: Neighborhood Knockouts** TBC  | **PG** +DDID18-001+ |

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| 21:30 | **Bizarre Foods With Andrew Zimmern: Venice NEW EPISODE**Andrew escapes to the romantic and mystical city of Venice where he first began his love affair with food.  | **PG (A)**+BIFO04-006+ |

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| 22:30 | **The Great Food Truck Race: Family Face-Off: The Island (R)** The final two teams head back to Los Angeles, where their trucks have a ferry to catch to Catalina Island. | **PG** +GFTR07-005+ |

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| 23:30 | **Chopped: Grill Game (R)** No ovens? No problem. The chefs give the grill pans a major workout in this special competition, where they must get grillin' from the get-go. | **PG** +CHPD34-009+ |

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| 00:30 | **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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| 01:00 | **The Great Day Out (R) ’CC’** Sofie is enjoying a Great Day Out in beautiful Buderim, Laurel is trying her hand at the new sport of axe throwing. Country music star, Adam Brand shares his Great Day Out. | **G** +GDOT18-040+ |

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| 01:30 | **Queensland Weekender ’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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| 02:00 | **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. This final leg takes in Uluru and the Simpson Desert. | **G** +7CTC18-016+ |

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| 02:30 | **SA Weekender ’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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| 03:00 | **Home In WA (R)** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-005+ |

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| 03:30 | **Sean's Kitchen (R) ’CC’** Follow Sean Connolly, one of Australia's most well-respected and celebrated chefs, in his bid to showcase outstanding South Australian produce in his new restaurant named Sean's Kitchen. | **PG** +SEKI-005+ |

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| 04:00 | **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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| 04:30 | **The Great Day Out (R) ’CC’** Sofie is enjoying a Great Day Out in beautiful Buderim, Laurel is trying her hand at the new sport of axe throwing. Country music star, Adam Brand shares his Great Day Out. | **G** +GDOT18-040+ |

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| 05:00 | **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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| 05:30 | **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. This final leg takes in Uluru and the Simpson Desert. | **G** +7CTC18-016+ |

 **Friday 11 January 2019**

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| 06:00 | **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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| 06:30 | **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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| 07:00 | **Giada At Home: Casino Night (R)** Giada De Laurentiis and her husband Todd host a glamorous casino night party inspired by Giada's recent trip to Monte Carlo. | **PG** +GIHO06-007+ |

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| 07:30 | **The Kitchen (R)** A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG** +TKIT13-004+ |

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| 08:30 | **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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| 09:00 | **Diners, Drive-Ins and Dives: Neighborhood Knockouts (R)** TBC  | **PG** +DDID18-001+ |

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| 09:30 | **Bizarre Foods With Andrew Zimmern: Venice (R)** Andrew escapes to the romantic and mystical city of Venice where he first began his love affair with food.  | **PG (A)**+BIFO04-006+ |

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| 10:30 | **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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| 11:00 | **The Kitchen (R)** A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG** +TKIT13-004+ |

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| 12:00 | **Bizarre Foods With Andrew Zimmern: Venice (R)** Andrew escapes to the romantic and mystical city of Venice where he first began his love affair with food.  | **PG (A)**+BIFO04-006+ |

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| 13:00 | **Giada At Home: Thanksgiving Leftovers** What do you do with all the Thanksgiving leftovers? Giada De Laurentiis takes some of the traditional favorites and makes fun new twists to enjoy after the holiday. | **PG** +GIHO06-008+ |

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| 13:30 | **Chopped: Grill Game (R)** No ovens? No problem. The chefs give the grill pans a major workout in this special competition, where they must get grillin' from the get-go. | **PG** +CHPD34-009+ |

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| 14:30 | **The Kitchen NEW EPISODE**A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG** +TKIT13-005+ |

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| 15:30 | **Baked In Vermont: Garden Graduation Party NEW EPISODE**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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| 16:00 | **Giada At Home: Casino Night (R)** Giada De Laurentiis and her husband Todd host a glamorous casino night party inspired by Giada's recent trip to Monte Carlo. | **PG** +GIHO06-007+ |

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| 16:30 | **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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| 17:00 | **Diners, Drive-Ins and Dives: Neighborhood Knockouts (R)** TBC  | **PG** +DDID18-001+ |

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| 17:30 | **The Great Food Truck Race: Family Face-Off: The Island (R)** The final two teams head back to Los Angeles, where their trucks have a ferry to catch to Catalina Island. | **PG** +GFTR07-005+ |

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| 18:30 | **Chopped: Father's Day NEW EPISODE**Who could ask for a better teammate in the Chopped Kitchen than good ol' Dad? Four fathers join forces with their grown-up kids to make collaborative dishes and to make their families proud. | **PG** +CHPD34-010+ |

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| 19:30 | **The Great Food Truck Race (R) NEW EPISODE**It's The Great Food Truck Race, where seven of the country's best and most successful food truck owners team up with friends and family to hit the road and cook their way across America. | **PG** +GFTR06-001+ |

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| 20:30 | **Cutthroat Kitchen: Tiki Torch-Ure NEW EPISODE**One chef has to cook fish tacos on tiki torches. Then, one chef has to make pasta salad, using water that they harvest from a patio mister. Finally, one chef has to bake an apple pie inside apples. | **PG** +CUTK06-011+ |

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| 21:30 | **Cutthroat Kitchen: Baby Got Backpack NEW EPISODE**One chef has to make grilled cheese and tomato soup while in a giant high chair.  | **PG** +CUTK06-012+ |

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| 22:30 | **The Great Food Truck Race (R)** It's The Great Food Truck Race, where seven of the country's best and most successful food truck owners team up with friends and family to hit the road and cook their way across America. | **PG** +GFTR06-001+ |

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| 23:30 | **Chopped: Father's Day (R)** Who could ask for a better teammate in the Chopped Kitchen than good ol' Dad? Four fathers join forces with their grown-up kids to make collaborative dishes and to make their families proud. | **PG** +CHPD34-010+ |

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| 00:30 | **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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| 01:00 | **The Great Day Out (R) ’CC’** Alastair has the difficult job of tasting Brisbane's best fish and chips. Jess gets the low-down on a new yoga craze while Sofie enjoys Brisbane's top animal encounters. | **G** +GDOT18-041+ |

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| 01:30 | **Queensland Weekender (R) ’CC’** Luke and Cody tour Airlie in a red mustang. Lee has his young boys playing with real dump trucks and excavators. Plus we meet the man who built Queensland's first Batmobile. | **G** +7QWE18-001+ |

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| 02:00 | **Creek To Coast (R) ’CC’** Luke and Cody are up north for the Weipa Fishing Classic, Scotty is wetting a line in Mackay and Sally is putting a healthy twist on some culinary classics. | **G** +7CTC18-017+ |

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| 02:30 | **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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| 03:00 | **Home In WA (R)** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-006+ |

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| 03:30 | **Sean's Kitchen (R) ’CC’**  Follow Sean Connolly, one of Australia's most well-respected and celebrated chefs, in his bid to showcase outstanding South Australian produce in his new restaurant named Sean's Kitchen. | **PG** +SEKI-006+ |

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| 04:00 | **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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| 04:30 | **The Great Day Out (R) ’CC’** Alastair has the difficult job of tasting Brisbane's best fish and chips. Jess gets the low-down on a new yoga craze while Sofie enjoys Brisbane's top animal encounters. | **G** +GDOT18-041+ |

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| 05:00 | **Queensland Weekender (R) ’CC’** Luke and Cody tour Airlie in a red mustang. Lee has his young boys playing with real dump trucks and excavators. Plus we meet the man who built Queensland's first Batmobile. | **G** +7QWE18-001+ |

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| 05:30 | **Creek To Coast (R) ’CC’** Luke and Cody are up north for the Weipa Fishing Classic, Scotty is wetting a line in Mackay and Sally is putting a healthy twist on some culinary classics. | **G** +7CTC18-017+ |

 **Saturday 12 January 2019**

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| 06:00 | **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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| 06:30 | **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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| 07:00 | **Giada At Home: Thanksgiving Leftovers (R)** What do you do with all the Thanksgiving leftovers? Giada De Laurentiis takes some of the traditional favorites and makes fun new twists to enjoy after the holiday. | **PG** +GIHO06-008+ |

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| 07:30 | **The Kitchen (R)** A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG** +TKIT13-005+ |

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| 08:30 | **Cutthroat Kitchen: Tiki Torch-Ure (R)** One chef has to cook fish tacos on tiki torches. Then, one chef has to make pasta salad, using water that they harvest from a patio mister. Finally, one chef has to bake an apple pie inside apples. | **PG** +CUTK06-011+ |

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| 09:30 | **Cutthroat Kitchen: Baby Got Backpack (R)** One chef has to make grilled cheese and tomato soup while in a giant high chair.  | **PG** +CUTK06-012+ |

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| 10:30 | **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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| 11:00 | **The Kitchen (R)** A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG** +TKIT13-005+ |

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| 12:00 | **The Great Food Truck Race (R)** It's The Great Food Truck Race, where seven of the country's best and most successful food truck owners team up with friends and family to hit the road and cook their way across America. | **PG** +GFTR06-001+ |

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| 13:00 | **Cutthroat Kitchen: Tiki Torch-Ure (R)** One chef has to cook fish tacos on tiki torches. Then, one chef has to make pasta salad, using water that they harvest from a patio mister. Finally, one chef has to bake an apple pie inside apples. | **PG** +CUTK06-011+ |

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| 14:00 | **Cutthroat Kitchen: Baby Got Backpack (R)** One chef has to make grilled cheese and tomato soup while in a giant high chair.  | **PG** +CUTK06-012+ |

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| 15:00 | **Chopped: Father's Day (R)** Who could ask for a better teammate in the Chopped Kitchen than good ol' Dad? Four fathers join forces with their grown-up kids to make collaborative dishes and to make their families proud. | **PG** +CHPD34-010+ |

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| 16:00 | **Giada At Home: Thanksgiving Leftovers (R)** What do you do with all the Thanksgiving leftovers? Giada De Laurentiis takes some of the traditional favorites and makes fun new twists to enjoy after the holiday. | **PG** +GIHO06-008+ |

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| 16:30 | **Ten Dollar Dinners: Diner On A Dime NEW EPISODE**Melissa d'Arabian whips up a comforting soup and sandwich menu in a matter of minutes. Her Almost Raw Asparagus Soup is an easy way to dress up her perfect Grilled Cheddar Cheese Sandwich. | **PG** +TEDD07-007+ |

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| 17:00 | **Rachael Ray's Week In A Day: Count Your Chickens NEW EPISODE**The woman who taught America how to make a meal in 30 minutes is back with an even bigger promise: one day of cooking, up to five days of eating! | **PG** +WIAD05-008+ |

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| 18:00 | **Guy's Grocery Games: Last Judge Standing Tournament, Pt. 4 NEW EPISODE**Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG** +GUGG15-008+ |

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| 19:00 | **My France With Manu: The Rhone Valley (R) ’CC’** Manu returns to take us on another journey through his home country. Beginning in the French Alps, he goes mountain biking before heading to Lyon to learn boat jousting and to try the local cuisine. | **PG** +MANU2-001+ |

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| 20:00 | **Iron Chef America: Zakarian VS. Wolen NEW EPISODE**Chicago Chef Lee Wolen busts out of his shell for a battle against Iron Chef Geoffrey Zakarian that's anything but quiet. Judges Nancy Silverton and Simon Majumdar are on hand to determine the winner. | **PG** +ICAM13-005+ |

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| 21:00 | **Iron Chef America: Guarnaschelli VS. Sutherland NEW EPISODE**Minnesota chef Justin Sutherland brings his contemporary Southern cuisine to Kitchen Stadium in an attempt to fleece Iron Chef Alex Guarnaschelli.  | **PG** +ICAM13-006+ |

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| 22:00 | **Throwdown With Bobby Flay: Fried Chicken NEW EPISODE**Will Chef Bobby Flay finally win a Fried Chicken Throwdown or is defeat in the air? | **PG** +TWBF09-003+ |

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| 22:30 | **Guy's Grocery Games: Last Judge Standing Tournament, Pt. 4 (R)** Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG** +GUGG15-008+ |

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| 23:30 | **Ten Dollar Dinners: Diner On A Dime (R)** Melissa d'Arabian whips up a comforting soup and sandwich menu in a matter of minutes. Her Almost Raw Asparagus Soup is an easy way to dress up her perfect Grilled Cheddar Cheese Sandwich. | **PG** +TEDD07-007+ |

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| 00:00 | **Rachael Ray's Week In A Day: Count Your Chickens (R)** The woman who taught America how to make a meal in 30 minutes is back with an even bigger promise: one day of cooking, up to five days of eating! | **PG** +WIAD05-008+ |

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| 01:00 | **Creek To Coast (R) ’CC’** Andrew takes you off road in comfort, Sally has a healthy alternative to chips and Scotty is at the gateway to the north. | **G** +7CTC18-018+ |

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| 01:30 | **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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| 02:00 | **The Great Day Out (R) ’CC’** Alastair digs deep and meets some passionate Toowoomba farmers. Sofie heads to the Great Barrier Reef while Laurel uncovers some recycled gems. | **G** +GDOT18-042+ |

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| 02:30 | **Queensland Weekender (R) ’CC’** Join us this week on Queensland Weekender as Chris goes in search of Queensland's hottest events. | **G** +7QWE18-002+ |

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| 03:00 | **Creek To Coast (R) ’CC’** Andrew takes you off road in comfort, Sally has a healthy alternative to chips and Scotty is at the gateway to the north. | **G** +7CTC18-018+ |

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| 03:30 | **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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| 04:00 | **The Great Day Out (R) ’CC’** Alastair digs deep and meets some passionate Toowoomba farmers. Sofie heads to the Great Barrier Reef while Laurel uncovers some recycled gems. | **G** +GDOT18-042+ |

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| 04:30 | **Queensland Weekender (R) ’CC’** Join us this week on Queensland Weekender as Chris goes in search of Queensland's hottest events. | **G** +7QWE18-002+ |

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| 05:00 | **Creek To Coast (R) ’CC’** Andrew takes you off road in comfort, Sally has a healthy alternative to chips and Scotty is at the gateway to the north. | **G** +7CTC18-018+ |

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| 05:30 | **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+ |