**Sunday 07 July 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** This year Sydney Weekender is turning 25! And to celebrate, Mike is cruising around Sydney Harbour with Barefoot Charters. Erica is cruising down to Melbourne for the race that stops the nation! Starring:ERICA DAVIS,MIKE WHITNEY | **G** +7SWE25-008+ |

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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** +SAWE18-008+ |

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| 07:00 | **Bizarre Foods With Andrew Zimmern: Embassy Row (R)** Andrew's taking a food tour around the world without ever leaving our nation's capitol. He's making stops at some of the foreign embassies in Washington, D.C. | **PG (A)**+BIFO04-001+ |

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| 08:00 | **Around The World With Manu: USA (R)** Manu is on the home stretch with just one more country to discover, before making his final journey. | **PG** +AWWM01-006+ |

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| 09:00 | **Guy's Big Bite: Guy's New Favorite Burger (R)** Guy Fieri has tasted burgers from coast to coast, and now he's sharing one of his all-time favorites. It's the juicy, cheesy Pimento Cheese Stuffed Burger stacked high with a fried heirloom tomato. | **PG** +GUBB19-003+ |

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| 09:30 | **Iron Chef America: Cora Vs. Ballesteros (R)** Chef Julieta Ballesteros enters Kitchen Stadium to take on Iron Chef Cat Cora. | **PG** +ICAM08-022+ |

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| 10:30 | **Iron Chef America: Garces Vs. Liken (R)** Colorado Chef Kelly Liken takes on the newest Iron Chef Garces in her first entry to Kitchen Stadium. | **PG** +ICAM08-023+ |

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| 11:30 | **Diners, Drive-Ins And Dives: Barbecue, Batter And Beer Can Chicken (R)** Guy Fieri's grabbing all kinds of outrageous grub. In Maui, Hawaii, a funky joint puttin' out ridiculous ramen and the bomb beer can chicken. | **PG** +DDID27-003+ |

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| 12:00 | **Diners, Drive-Ins And Dives: Ocean Coasts And Great Lakes (R)** Guy Fieri's going from coast to coast and to the Great Lakes to dig up some dynamite dishes. | **PG** +DDID27-004+ |

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| 12:30 | **Around The World With Manu: USA (R)** Manu is on the home stretch with just one more country to discover, before making his final journey. | **PG** +AWWM01-006+ |

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| 13:30 | **Guy's Big Bite: Guy's New Favorite Burger (R)** Guy Fieri has tasted burgers from coast to coast, and now he's sharing one of his all-time favorites. It's the juicy, cheesy Pimento Cheese Stuffed Burger stacked high with a fried heirloom tomato. | **PG** +GUBB19-003+ |

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| 14:00 | **Diners, Drive-Ins And Dives: Barbecue, Batter And Beer Can Chicken (R)** Guy Fieri's grabbing all kinds of outrageous grub. In Maui, Hawaii, a funky joint puttin' out ridiculous ramen and the bomb beer can chicken. | **PG** +DDID27-003+ |

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| 15:00 | **Bizarre Foods With Andrew Zimmern: Embassy Row (R)** Andrew's taking a food tour around the world without ever leaving our nation's capitol. He's making stops at some of the foreign embassies in Washington, D.C. | **PG (A)**+BIFO04-001+ |

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| 16:00 | **Iron Chef America: Cora Vs. Ballesteros (R)** Chef Julieta Ballesteros enters Kitchen Stadium to take on Iron Chef Cat Cora. | **PG** +ICAM08-022+ |

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| 17:00 | **Iron Chef America: Garces Vs. Liken (R)** Colorado Chef Kelly Liken takes on the newest Iron Chef Garces in her first entry to Kitchen Stadium. | **PG** +ICAM08-023+ |

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| 18:00 | **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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| 19:00 | **Ridiculous Cakes: Pretty Ponies (R)** My Little Pony comes to life in cake for one lucky girl's horse-themed birthday party. | **PG** +RICA02-007+ |

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| 19:30 | **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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| 20:30 | **Ramsay's Hotel Hell: The Curtis House (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 (N,L)**+HELL02-007+ |

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| 21:30 | **Cupcake Wars: Country Music Awards NEW EPISODE**Cupcakes go country as bakers vie for a spot at a star-studded after-party for the Country Music Awards. | **PG** +CUPW05-011+ |

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| 22:30 | **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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| 01:00 | **Queensland Weekender (R) ’CC’** Sammie is travelling through the heart of Queensland on a road trip to some of the Outback's best events. Taking in some of this beautiful scenery and meeting a few colourful characters along the way. | **G** +7QWE18-026+ |

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| 01:30 | **Creek To Coast (R) ’CC’** Mums, prams and surfboards. Plus, Sally has the perfect recipe for autumn and Roger is out to get bogged. | **G** +7CTC18-008+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Jess discovers a delicious antidote to fast food, we learn the benefits of a Girls Night In, swimming superstar Ariarne Titmus shares her Great Day Out while Sofie is enjoying a little island time. | **G** +GDOT18-034+ |

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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** +HIWA21-023+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike's cruising the Tweed River in search of lunch! Sally's pulling on her skates and checking out the latest craze to hit the ice - bubble soccer! Starring:SALLY STANTON,MIKE WHITNEY | **G** +7SWE25-009+ |

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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** +SAWE18-009+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Sammie is travelling through the heart of Queensland on a road trip to some of the Outback's best events. Taking in some of this beautiful scenery and meeting a few colourful characters along the way. | **G** +7QWE18-026+ |

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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** +HIWA21-023+ |

 **Monday 08 July 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike's cruising the Tweed River in search of lunch! Sally's pulling on her skates and checking out the latest craze to hit the ice - bubble soccer! Starring:SALLY STANTON,MIKE WHITNEY | **G** +7SWE25-009+ |

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| 06:30 | **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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| 07:30 | **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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| 08:30 | **Cupcake Wars: Country Music Awards (R)** Cupcakes go country as bakers vie for a spot at a star-studded after-party for the Country Music Awards. | **PG** +CUPW05-011+ |

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| 09:30 | **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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| 10:30 | **Better Homes And Gardens (R) ’CC’** Pop princess Ricki-Lee takes Joh on a visit around her family home. Karen makes dried fruit salad with exotic spices. Graham goes on a tour of the Plant Society.  | **G** +BHAG25-023+ |

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| 12:00 | **Cupcake Wars: Country Music Awards (R)** Cupcakes go country as bakers vie for a spot at a star-studded after-party for the Country Music Awards. | **PG** +CUPW05-011+ |

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| 13:00 | **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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| 15:00 | **Ridiculous Cakes: Pretty Ponies (R)** My Little Pony comes to life in cake for one lucky girl's horse-themed birthday party. | **PG** +RICA02-007+ |

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| 15:30 | **The Pioneer Woman: Kitchen Confessional: Four Seasons On The Ranch (R)** Ree Drummond is giving the lowdown on how her life and food change during the different seasons on the ranch. | **PG** +PIWO12-010+ |

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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** +HOWL03-020+ |

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| 17:00 | **Giada At Home: Halloween Goodies (R)** Giada De Laurentiis hosts a very "old school" Halloween party for Jade and her friends. Giada transforms her backyard into a pumpkin patch and the kids decorate pumpkins. | **PG** +GIHO07-007+ |

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| 17:30 | **Guy's Grocery Games: Spice City (R)** Flavortown turns into Spice City when four chefs who like their food with some heat fight for the title of Spice Master. | **PG** +GUGG15-001+ |

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| 18:30 | **Chopped: Rocky Mountain Masters NEW EPISODE**Right out of the gate, the chefs are surprised by a bold delicacy that is seafood in name only. Will they know how to turn Rocky Mountain oysters into a tasty appetizer? | **PG** +CHPD37-011+ |

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| 19:30 | **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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| 20:30 | **Cake Wars: Archie NEW EPISODE**Archie, Jughead, Betty, Veronica and the whole gang are headed for Cake Wars, as four master cake artists battle to have their creations at the center of a party celebrating 75 years of the comic. | **PG** +CAKW02-011+ |

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| 21:30 | **Spring Baking Championship: Momcentric (R)** The five remaining bakers create fruit tarts, from the heart, in a kaleidoscope of colors and flavors; vintage dessert and mom classics like peach cobbler. | **PG** +SPBC03-005+ |

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| 22:30 | **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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| 23:30 | **Chopped: Rocky Mountain Masters (R)** Right out of the gate, the chefs are surprised by a bold delicacy that is seafood in name only. Will they know how to turn Rocky Mountain oysters into a tasty appetizer? | **PG** +CHPD37-011+ |

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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** +SAWE18-010+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Sammie's outback adventure continues. | **G** +7QWE18-027+ |

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| 01:30 | **Creek To Coast (R) ’CC’** This week on Creek to Coast, we travel to Winton's inaugural Way Out West Fest, an outback shindig to celebrate the re-opening of Winton's Waltzing Matilda Museum. | **G** +7CTC18-009+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Sofie is on a self-guided adventure following one of Queensland's Big Sky Country Drive itineraries. | **G** +GDOT18-035+ |

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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** +HIWA21-024+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike gets a sneak peek at Vivid Sydney 2018. Lizzy heads to South West Rocks, soaking up the local history. Luke previews the Caravan Camping Holiday Supershow. Starring:ERICA DAVIS,LUKE CARROLL,LIZZY LOVETTE,MEL SYMONS,MIKE WHITNEY | **G** +7SWE25-010+ |

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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** +SAWE18-010+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Sammie's outback adventure continues. | **G** +7QWE18-027+ |

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| 04:30 | **Creek To Coast (R) ’CC’** This week on Creek to Coast, we travel to Winton's inaugural Way Out West Fest, an outback shindig to celebrate the re-opening of Winton's Waltzing Matilda Museum. | **G** +7CTC18-009+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Sofie is on a self-guided adventure following one of Queensland's Big Sky Country Drive itineraries. | **G** +GDOT18-035+ |

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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** +HIWA21-024+ |

 **Tuesday 09 July 2019**

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| 06:00 | **Spring Baking Championship: Momcentric (R)** The five remaining bakers create fruit tarts, from the heart, in a kaleidoscope of colors and flavors; vintage dessert and mom classics like peach cobbler. | **PG** +SPBC03-005+ |

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| 07:00 | **The Pioneer Woman: Kitchen Confessional: Four Seasons On The Ranch (R)** Ree Drummond is giving the lowdown on how her life and food change during the different seasons on the ranch. | **PG** +PIWO12-010+ |

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| 07:30 | **Guy's Grocery Games: Spice City (R)** Flavortown turns into Spice City when four chefs who like their food with some heat fight for the title of Spice Master. | **PG** +GUGG15-001+ |

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| 08:30 | **Cake Wars: Archie (R)** Archie, Jughead, Betty, Veronica and the whole gang are headed for Cake Wars, as four master cake artists battle to have their creations at the center of a party celebrating 75 years of the comic. | **PG** +CAKW02-011+ |

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| 09:30 | **Giada At Home: Halloween Goodies (R)** Giada De Laurentiis hosts a very "old school" Halloween party for Jade and her friends. Giada transforms her backyard into a pumpkin patch and the kids decorate pumpkins. | **PG** +GIHO07-007+ |

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| 10:00 | **The Pioneer Woman: Kitchen Confessional: Four Seasons On The Ranch (R)** Ree Drummond is giving the lowdown on how her life and food change during the different seasons on the ranch. | **PG** +PIWO12-010+ |

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| 10:30 | **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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| 11:00 | **Spring Baking Championship: Momcentric (R)** The five remaining bakers create fruit tarts, from the heart, in a kaleidoscope of colors and flavors; vintage dessert and mom classics like peach cobbler. | **PG** +SPBC03-005+ |

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| 13:00 | **Chopped: Rocky Mountain Masters (R)** Right out of the gate, the chefs are surprised by a bold delicacy that is seafood in name only. Will they know how to turn Rocky Mountain oysters into a tasty appetizer? | **PG** +CHPD37-011+ |

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| 15:30 | **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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| 16:30 | **The Pioneer Woman: Four Shades Of Chocolate (R)** Ree Drummond is whipping up the most decadent chocolate treats from white chocolate all the way down to dark. | **PG** +PIWO12-011+ |

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| 17:00 | **Giada At Home: Giving Thanks (R)** Giada hosts a traditional family Thanksgiving outdoors. The meal features all the fixings with fun twists like Turkey Breast "Porchetta," and Bacon Bourbon Brussels Sprout Skewers. | **PG** +GIHO07-008+ |

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| 17:30 | **Guy's Grocery Games: Pizza Masters (R)** It's sur-pie-val of the fittest when four dough throwers compete in a pizza playoff. | **PG** +GUGG15-002+ |

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| 18:30 | **Chopped: Under The Cuban Sun NEW EPISODE**Four chefs with personal connections to Cuba are treated to ingredient baskets filled with a variety of Cuban foods. | **PG** +CHPD37-012+ |

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| 19:30 | **Mystery Diners: Partner In Crime** The owner of the "Black Rose Tavern" in Los Angeles is worried that someone is taking advantage of her, but needs Charles and the team to figure out who. | **PG** +MYSD07-011+ |

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| 20:00 | **Mystery Diners: Cafe Coup** The new owners of "Cafe Aldente" in California, worry that the staff they inherited are still practicing old policies, and so they ask Charles and his team to observe their employees in action. | **PG** +MYSD07-012+ |

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| 20:30 | **Restaurant Impossible: Whistle Stop DOUBLE EPISODE**Chef Robert Irvine's latest mission introduces him to the Whistle Stop in Hot Springs. | **PG** +RIMP04-011+ |

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| 21:30 | **Restaurant Impossible: Valley Inn** Chef Robert Irvine is in Palos Hills, to help save the Valley Inn restaurant. | **PG** +RIMP04-012+ |

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| 22:30 | **Mystery Diners: Partner In Crime (R)** The owner of the "Black Rose Tavern" in Los Angeles is worried that someone is taking advantage of her, but needs Charles and the team to figure out who. | **PG** +MYSD07-011+ |

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| 23:30 | **Chopped: Under The Cuban Sun (R)** Four chefs with personal connections to Cuba are treated to ingredient baskets filled with a variety of Cuban foods. | **PG** +CHPD37-012+ |

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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** +SAWE18-011+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Bridget is out on the reef, Sammie is cycling the Coral Coastline and Duane is surfing north QLD-style. | **G** +7QWE18-028+ |

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| 01:30 | **Creek To Coast (R) ’CC’** To celebrate the 50th Anniversary of the Caravanning Supershow, Scott takes a road trip from Longreach to Yeppoon, visiting the Tree of Knowledge. | **G** +7CTC18-010+ |

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| 02:00 | **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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| 02:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-025+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike heads to the Snowy Mountains and tries fly fishing at Eucumbene Trout Farm. Rose visits Whistler in Canada. Pete spends a day in Manly, having breakfast at The Pantry and a meal at Sunset Sabi. Starring:ERICA DAVIS,PETE WELLS,ROSE JACOBS,MIKE WHITNEY | **G** +7SWE25-011+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Bridget is out on the reef, Sammie is cycling the Coral Coastline and Duane is surfing north QLD-style. | **G** +7QWE18-028+ |

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| 04:30 | **Creek To Coast (R) ’CC’** To celebrate the 50th Anniversary of the Caravanning Supershow, Scott takes a road trip from Longreach to Yeppoon, visiting the Tree of Knowledge. | **G** +7CTC18-010+ |

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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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| 05:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-025+ |

 **Wednesday 10 July 2019**

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| 06:00 | **Restaurant Impossible: Whistle Stop (R)** Chef Robert Irvine's latest mission introduces him to the Whistle Stop in Hot Springs. | **PG** +RIMP04-011+ |

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| 07:00 | **The Pioneer Woman: Four Shades Of Chocolate (R)** Ree Drummond is whipping up the most decadent chocolate treats from white chocolate all the way down to dark. | **PG** +PIWO12-011+ |

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| 07:30 | **Guy's Grocery Games: Pizza Masters (R)** It's sur-pie-val of the fittest when four dough throwers compete in a pizza playoff. | **PG** +GUGG15-002+ |

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| 08:30 | **Mystery Diners: Partner In Crime (R)** The owner of the "Black Rose Tavern" in Los Angeles is worried that someone is taking advantage of her, but needs Charles and the team to figure out who. | **PG** +MYSD07-011+ |

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| 09:00 | **Mystery Diners: Cafe Coup (R)** The new owners of "Cafe Aldente" in California, worry that the staff they inherited are still practicing old policies, and so they ask Charles and his team to observe their employees in action. | **PG** +MYSD07-012+ |

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| 09:30 | **Giada At Home: Giving Thanks (R)** Giada hosts a traditional family Thanksgiving outdoors. The meal features all the fixings with fun twists like Turkey Breast "Porchetta," and Bacon Bourbon Brussels Sprout Skewers. | **PG** +GIHO07-008+ |

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| 10:00 | **The Pioneer Woman: Four Shades Of Chocolate (R)** Ree Drummond is whipping up the most decadent chocolate treats from white chocolate all the way down to dark. | **PG** +PIWO12-011+ |

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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: Valley Inn (R)** Chef Robert Irvine is in Palos Hills, to help save the Valley Inn restaurant. | **PG** +RIMP04-012+ |

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| 12:00 | **Guy's Grocery Games: Pizza Masters (R)** It's sur-pie-val of the fittest when four dough throwers compete in a pizza playoff. | **PG** +GUGG15-002+ |

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| 13:00 | **Chopped: Under The Cuban Sun (R)** Four chefs with personal connections to Cuba are treated to ingredient baskets filled with a variety of Cuban foods. | **PG** +CHPD37-012+ |

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| 14:00 | **Giada At Home: Giving Thanks (R)** Giada hosts a traditional family Thanksgiving outdoors. The meal features all the fixings with fun twists like Turkey Breast "Porchetta," and Bacon Bourbon Brussels Sprout Skewers. | **PG** +GIHO07-008+ |

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| 14:30 | **Restaurant Impossible: Whistle Stop (R)** Chef Robert Irvine's latest mission introduces him to the Whistle Stop in Hot Springs. | **PG** +RIMP04-011+ |

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| 15:30 | **Restaurant Impossible: Valley Inn (R)** Chef Robert Irvine is in Palos Hills, to help save the Valley Inn restaurant. | **PG** +RIMP04-012+ |

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| 16:30 | **The Pioneer Woman: Special Day (R)** Ree Drummond's daughter Paige is spending the day watching some of the younger kids, so Ree packs them some fun treats for a late-afternoon picnic. | **PG** +PIWO12-012+ |

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| 17:00 | **Giada At Home: Slumber Party With Alie And Georgia (R)** Giada De Laurentiis is a guest at the Hollywood Improv, for Alie Ward and Georgia Hardstark's live comedy show called Slumber Party with Alie and Georgia. | **PG** +GIHO07-009+ |

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| 17:30 | **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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| 18:30 | **Chopped: Fried Chicken Time (R)** The chefs take on fried chicken. To start, a weird syrup and savory pancake are among the mandatory appetizer ingredients. Later, peach cobbler must be incorporated into entrees. | **PG** +CHPD29-001+ |

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| 19:30 | **Restaurant: Impossible: Meet The Impossible (R)** Chef Robert Irvine and his team have travelled to more than 100 locations to help America's failing restaurants. Now it's your chance to hear the never-before-told stories behind the show. | **PG** +RIMP08-009+ |

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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)**+HEKI14-001+ |

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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. | **MA (L)**+HEKI14-002+ |

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| 22:30 | **Restaurant: Impossible: Meet The Impossible (R)** Chef Robert Irvine and his team have travelled to more than 100 locations to help America's failing restaurants. Now it's your chance to hear the never-before-told stories behind the show. | **PG** +RIMP08-009+ |

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| 23:30 | **Chopped: Fried Chicken Time (R)** The chefs take on fried chicken. To start, a weird syrup and savory pancake are among the mandatory appetizer ingredients. Later, peach cobbler must be incorporated into entrees. | **PG** +CHPD29-001+ |

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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** +SAWE18-012+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Bridget is on a journey through tropical north Queensland in celebration of Indigenous culture. | **G** +7QWE18-029+ |

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| 01:30 | **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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| 02:00 | **TBA:** TBC | ++ |

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| 03:30 | **TBA:** TBC | ++ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Bridget is on a journey through tropical north Queensland in celebration of Indigenous culture. | **G** +7QWE18-029+ |

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| 04:30 | **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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| 05:00 | **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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| 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+ |

 **Thursday 11 July 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike goes to Moree, where he learns how to grow a pair of jeans and visits the Artesian Aquatic Centre. Rose continues her trip in Canada. Sally eats at two of the hottest Sydney Scandi restaurants. Starring:ERICA DAVIS,SALLY STANTON,ROSE JACOBS,MIKE WHITNEY | **G** +7SWE25-012+ |

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| 06:30 | **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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| 07:00 | **The Pioneer Woman: Special Day (R)** Ree Drummond's daughter Paige is spending the day watching some of the younger kids, so Ree packs them some fun treats for a late-afternoon picnic. | **PG** +PIWO12-012+ |

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| 07:30 | **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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| 08:30 | **My Greek Odyssey (R) ’CC’** In this episode, Peter continues his Spetses experience, before taking in the wonders of the island of Hydra.  | **PG** +MYGO01-003+ |

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| 09:30 | **Giada At Home: Slumber Party With Alie And Georgia (R)** Giada De Laurentiis is a guest at the Hollywood Improv, for Alie Ward and Georgia Hardstark's live comedy show called Slumber Party with Alie and Georgia. | **PG** +GIHO07-009+ |

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| 10:00 | **The Pioneer Woman: Special Day (R)** Ree Drummond's daughter Paige is spending the day watching some of the younger kids, so Ree packs them some fun treats for a late-afternoon picnic. | **PG** +PIWO12-012+ |

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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 | **My Greek Odyssey (R) ’CC’** In this episode, Peter continues his Spetses experience, before taking in the wonders of the island of Hydra.  | **PG** +MYGO01-003+ |

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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 | **Chopped: Fried Chicken Time (R)** The chefs take on fried chicken. To start, a weird syrup and savory pancake are among the mandatory appetizer ingredients. Later, peach cobbler must be incorporated into entrees. | **PG** +CHPD29-001+ |

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| 14:00 | **Giada At Home: Slumber Party With Alie And Georgia (R)** Giada De Laurentiis is a guest at the Hollywood Improv, for Alie Ward and Georgia Hardstark's live comedy show called Slumber Party with Alie and Georgia. | **PG** +GIHO07-009+ |

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| 14:30 | **My Greek Odyssey (R) ’CC’** In this episode, Peter continues his Spetses experience, before taking in the wonders of the island of Hydra.  | **PG** +MYGO01-003+ |

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| 15:30 | **Restaurant: Impossible: Meet The Impossible (R)** Chef Robert Irvine and his team have travelled to more than 100 locations to help America's failing restaurants. Now it's your chance to hear the never-before-told stories behind the show. | **PG** +RIMP08-009+ |

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| 16:30 | **The Pioneer Woman: Feeding 101 (R)** While Ree Drummond's husband, Ladd, gives a lesson on feeding the ranch's cattle, Ree's in the kitchen cooking up three comforting make-ahead meals. | **PG** +PIWO12-013+ |

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| 17:00 | **Giada At Home: An Italian Christmas (R)** Giada De Laurentiis hosts Christmas Eve dinner to celebrate The Feast of the Seven Fishes with her Italian family. | **PG** +GIHO07-010+ |

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| 17:30 | **Guy's Grocery Games: Clash Of The Classics (R)** Guy Fieri turns back the clocks and throws back to the dishes we all grew up on. | **PG** +GUGG15-004+ |

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| 18:30 | **Chopped: Snail Snafus (R)** The chefs have just 20 minutes to make snails work with their other appetizer ingredients, including troublesome spouts. | **PG** +CHPD29-002+ |

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| 19:30 | **Ramsay's Hotel Hell: Four Seasons Inn (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)**+HELL02-006+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: Momma Cherri's (R) ’CC’** Gordon visits an intimate forty-seater restaurant, a stone's throw from Brighton's sea front. Owner Charita, produces a menu of irresistibly unique classics from the Deep South, but with no customers. | **M (L)**+RAKN02-003+ |

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| 21:30 | **Ramsay's Kitchen Nightmares: La Riviera (R) ’CC’** Gordon visits La Riveria, a French restaurant staffed by Michelin star chefs. While head chef Loic is hungry for success, he's arrogant, the food's pretentious and the locals aren't biting.  | **MA (L)**+RAKN02-004+ |

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| 22:30 | **Ramsay's Hotel Hell: Four Seasons Inn (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)**+HELL02-006+ |

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| 23:30 | **Chopped: Snail Snafus (R)** The chefs have just 20 minutes to make snails work with their other appetizer ingredients, including troublesome spouts. | **PG** +CHPD29-002+ |

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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** +SAWE18-013+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Victoria is on a sandy four-wheel drive trail that mixes adventure with indulgence, Kip is checking out the Central West Music Makers and Duane is heading down stream in tropical north Queensland. | **G** +7QWE18-030+ |

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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** +7CTC18-012+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Jillian enjoys a foodie trail on the Redlands Coast, 7NEWS 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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| 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 pans for gold with the Gulgong Gold Experience. Rose visits the Banff Hot Springs in Canada. Teigan spoils her mum and nan with a Sydney Weekender Mother's Day lunch in Cronulla. Starring:ERICA DAVIS,ROSE JACOBS,MIKE WHITNEY,TEIGAN NASH | **G** +7SWE25-013+ |

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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** +SAWE18-013+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Victoria is on a sandy four-wheel drive trail that mixes adventure with indulgence, Kip is checking out the Central West Music Makers and Duane is heading down stream in tropical north Queensland. | **G** +7QWE18-030+ |

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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** +7CTC18-012+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Jillian enjoys a foodie trail on the Redlands Coast, 7NEWS 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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| 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+ |

 **Friday 12 July 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike pans for gold with the Gulgong Gold Experience. Rose visits the Banff Hot Springs in Canada. Teigan spoils her mum and nan with a Sydney Weekender Mother's Day lunch in Cronulla. Starring:ERICA DAVIS,ROSE JACOBS,MIKE WHITNEY,TEIGAN NASH | **G** +7SWE25-013+ |

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| 06:30 | **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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| 07:00 | **The Pioneer Woman: Feeding 101 (R)** While Ree Drummond's husband, Ladd, gives a lesson on feeding the ranch's cattle, Ree's in the kitchen cooking up three comforting make-ahead meals. | **PG** +PIWO12-013+ |

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| 07:30 | **Guy's Grocery Games: Clash Of The Classics (R)** Guy Fieri turns back the clocks and throws back to the dishes we all grew up on. | **PG** +GUGG15-004+ |

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| 08:30 | **Rachael Ray's Week In A Day: Soups, Stews And Sloppy Lous (R)** Celebrate one of the world's great comfort foods with a week's worth of satisfying soups and stews. Potted Beef and Mushroom; Ribollita - Vegetable, Bean and Stale Bread Soup | **PG** +WIAD05-009+ |

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| 09:30 | **Giada At Home: An Italian Christmas (R)** Giada De Laurentiis hosts Christmas Eve dinner to celebrate The Feast of the Seven Fishes with her Italian family. | **PG** +GIHO07-010+ |

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| 10:00 | **The Pioneer Woman: Feeding 101 (R)** While Ree Drummond's husband, Ladd, gives a lesson on feeding the ranch's cattle, Ree's in the kitchen cooking up three comforting make-ahead meals. | **PG** +PIWO12-013+ |

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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: Soups, Stews And Sloppy Lous (R)** Celebrate one of the world's great comfort foods with a week's worth of satisfying soups and stews. Potted Beef and Mushroom; Ribollita - Vegetable, Bean and Stale Bread Soup | **PG** +WIAD05-009+ |

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| 12:00 | **Guy's Grocery Games: Clash Of The Classics (R)** Guy Fieri turns back the clocks and throws back to the dishes we all grew up on. | **PG** +GUGG15-004+ |

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| 13:00 | **Chopped: Snail Snafus (R)** The chefs have just 20 minutes to make snails work with their other appetizer ingredients, including troublesome spouts. | **PG** +CHPD29-002+ |

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| 14:00 | **Giada At Home: An Italian Christmas (R)** Giada De Laurentiis hosts Christmas Eve dinner to celebrate The Feast of the Seven Fishes with her Italian family. | **PG** +GIHO07-010+ |

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| 14:30 | **Rachael Ray's Week In A Day: Soups, Stews And Sloppy Lous (R)** Celebrate one of the world's great comfort foods with a week's worth of satisfying soups and stews. Potted Beef and Mushroom; Ribollita - Vegetable, Bean and Stale Bread Soup | **PG** +WIAD05-009+ |

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| 15:30 | **The Pioneer Woman: Oh, Baby (R)** There's a new baby on the ranch, so Ree Drummond is taking a trip down memory lane and preparing a new-mom care package full of dishes she was given and plenty of pampering goodies. | **PG** +PIWO13-001+ |

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| 16:00 | **Giada At Home: Festive Desserts (R)** Giada De Laurentiis makes delectable desserts that would be perfect for a fancy party. | **PG** +GIHO07-011+ |

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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** +HOWL03-020+ |

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| 17:30 | **Guy's Grocery Games: Last Judge Standing Tournament, Pt. 1 (R)** Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG** +GUGG15-005+ |

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| 18:30 | **Chopped: Hot Doggin' (R)** The chefs cook with hot dogs. Other mystery basket items include an uncommon condiment in the appetizer round; and a problematic and tiny ingredient in the entrée round. | **PG** +CHPD29-003+ |

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| 19:30 | **Bizarre Foods With Andrew Zimmern: Finland (R)** Andrew ventures to Finland, a country where traditional cooking still reigns but is also inspiring a new food trend known as new Nordic cuisine. | **PG (A)**+BIFO04-008+ |

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| 20:30 | **Mystery Diners: Missing Links (R)** The manager of a golf course in Hollywood, Florida, asks the team to investigate complaints about non-members playing for free. However, a bigger problem is discovered in the club's dining room. | **PG (L,A)**+MYSD10-008+ |

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| 21:00 | **Mystery Diners: History Mystery (R)** The owner of "Old Vinings Inn", a historical restaurant in Atlanta, asks Charles and the team to investigate whether Civil War tours are taking place, without his permission. | **PG (L,A)**+MYSD10-009+ |

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| 21:30 | **Cutthroat Kitchen: Tos-ta-da (R)** A chef is forced to make a dish while seated in a highchair; two opponents must share-and-use-a giant saw; and cooking vessels are replaced with corn husks. | **PG** +CUTK05-002+ |

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| 22:30 | **Mystery Diners: Missing Links (R)** The manager of a golf course in Hollywood, Florida, asks the team to investigate complaints about non-members playing for free. However, a bigger problem is discovered in the club's dining room. | **PG (L,A)**+MYSD10-008+ |

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| 23:00 | **Mystery Diners: History Mystery (R)** The owner of "Old Vinings Inn", a historical restaurant in Atlanta, asks Charles and the team to investigate whether Civil War tours are taking place, without his permission. | **PG (L,A)**+MYSD10-009+ |

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| 23:30 | **Chopped: Hot Doggin' (R)** The chefs cook with hot dogs. Other mystery basket items include an uncommon condiment in the appetizer round; and a problematic and tiny ingredient in the entrée round. | **PG** +CHPD29-003+ |

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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** +SAWE18-014+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Lee has the ultimate guide to the Whitsundays with plenty of adventure thrown in. | **G** +7QWE18-031+ |

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| 01:30 | **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+ |

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| 02:00 | **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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| 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 catches up with Sydney Swans star Luke Parker in Maroubra. Lizzy checks out Biennale of Sydney. Matt checks out Wild Brumby Distillery in Jindabyne. Mel goes to Mudgee for amazing food and wine. Starring:ERICA DAVIS,LIZZY LOVETTE,MEL SYMONS,MIKE WHITNEY,MATT BASELEY,LUKE PARKER | **G** +7SWE25-014+ |

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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** +SAWE18-014+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Lee has the ultimate guide to the Whitsundays with plenty of adventure thrown in. | **G** +7QWE18-031+ |

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| 04:30 | **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+ |

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| 05:00 | **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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| 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+ |

 **Saturday 13 July 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike catches up with Sydney Swans star Luke Parker in Maroubra. Lizzy checks out Biennale of Sydney. Matt checks out Wild Brumby Distillery in Jindabyne. Mel goes to Mudgee for amazing food and wine. Starring:ERICA DAVIS,LIZZY LOVETTE,MEL SYMONS,MIKE WHITNEY,MATT BASELEY,LUKE PARKER | **G** +7SWE25-014+ |

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| 06:30 | **Better Homes And Gardens (R) ’CC’** Pop princess Ricki-Lee takes Joh on a visit around her family home. Karen makes dried fruit salad with exotic spices. Graham goes on a tour of the Plant Society.  | **G** +BHAG25-023+ |

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| 08:00 | **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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| 08:30 | **Guy's Grocery Games: Last Judge Standing Tournament, Pt. 1 (R)** Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG** +GUGG15-005+ |

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| 09:30 | **The Pioneer Woman: Oh, Baby (R)** There's a new baby on the ranch, so Ree Drummond is taking a trip down memory lane and preparing a new-mom care package full of dishes she was given and plenty of pampering goodies. | **PG** +PIWO13-001+ |

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| 10:00 | **Giada At Home: Festive Desserts (R)** Giada De Laurentiis makes delectable desserts that would be perfect for a fancy party. | **PG** +GIHO07-011+ |

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| 10:30 | **Cutthroat Kitchen: Tos-ta-da (R)** A chef is forced to make a dish while seated in a highchair; two opponents must share-and-use-a giant saw; and cooking vessels are replaced with corn husks. | **PG** +CUTK05-002+ |

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| 11:30 | **Bizarre Foods With Andrew Zimmern: Finland (R)** Andrew ventures to Finland, a country where traditional cooking still reigns but is also inspiring a new food trend known as new Nordic cuisine. | **PG (A)**+BIFO04-008+ |

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| 12:30 | **Chopped: Fried Chicken Time (R)** The chefs take on fried chicken. To start, a weird syrup and savory pancake are among the mandatory appetizer ingredients. Later, peach cobbler must be incorporated into entrees. | **PG** +CHPD29-001+ |

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| 13:30 | **The Pioneer Woman: Oh, Baby (R)** There's a new baby on the ranch, so Ree Drummond is taking a trip down memory lane and preparing a new-mom care package full of dishes she was given and plenty of pampering goodies. | **PG** +PIWO13-001+ |

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| 14:00 | **Giada At Home: Festive Desserts (R)** Giada De Laurentiis makes delectable desserts that would be perfect for a fancy party. | **PG** +GIHO07-011+ |

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| 14:30 | **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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| 15:00 | **Guy's Grocery Games: Last Judge Standing Tournament, Pt. 1 (R)** Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG** +GUGG15-005+ |

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| 16:00 | **Bizarre Foods With Andrew Zimmern: Finland (R)** Andrew ventures to Finland, a country where traditional cooking still reigns but is also inspiring a new food trend known as new Nordic cuisine. | **PG (A)**+BIFO04-008+ |

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| 17:00 | **Cutthroat Kitchen: Tos-ta-da (R)** A chef is forced to make a dish while seated in a highchair; two opponents must share-and-use-a giant saw; and cooking vessels are replaced with corn husks. | **PG** +CUTK05-002+ |

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| 18:00 | **Mystery Diners: Missing Links (R)** The manager of a golf course in Hollywood, Florida, asks the team to investigate complaints about non-members playing for free. However, a bigger problem is discovered in the club's dining room. | **PG (L,A)**+MYSD10-008+ |

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| 18:30 | **Mystery Diners: History Mystery (R)** The owner of "Old Vinings Inn", a historical restaurant in Atlanta, asks Charles and the team to investigate whether Civil War tours are taking place, without his permission. | **PG (L,A)**+MYSD10-009+ |

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| 19:00 | **Manu's American Road Trip (R) ’CC’** Manu kicks off his epic road trip across the Deep South of America in Miami where he heads to Little Havana to find the best Cuban food in the US. | **PG** +MART01-001+ |

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| 20:00 | **Iron Chef America: Cora Vs. Mullen NEW EPISODE**New York Chef extraordinaire Seamus Mullen enters Kitchen Stadium for the first time since competing in Next Iron Chef season 2 to take on Iron Chef Cat Cora. | **PG** +ICAM08-024+ |

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| 21:00 | **Iron Chef America: Cora Vs. Miranda NEW EPISODE**Chef Paul Miranda enters kitchen stadium for the first time to challenge Iron Chef Cat Cora to a culinary showdown. | **PG** +ICAM08-025+ |

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| 22:00 | **Ramsay's Hotel Hell: The Curtis House (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 (N,L)**+HELL02-007+ |

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| 23:00 | **Diners, Drive-Ins And Dives: A Passport Of Flavor (R)** Guy Fieri's diving into killer cuisine with international flair. In Lansing, Mich., an off-the-hook Middle Eastern joint puttin' out serious shawarma and gangster grape leaves. | **PG** +DDID27-005+ |

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| 23:30 | **Diners, Drive-Ins And Dives: Old Faces, New Places (R)** Guy Fieri's visiting some familiar Triple D faces and checking out their new places. First, a primo pizza joint in Flagstaff, Ariz., firin' up pies with not-your-everyday toppings. | **PG** +DDID27-006+ |

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| 00:00 | **Guy's Big Bite: Butter Makes It Better (R)** Guy Fieri is in the kitchen with his mom, Penny Ferry, and they're cooking up a meal literally oozing with flavor! It's all about the crispy, juicy, buttery Chicken Kiev, Zucchini and Fennel Noodles. | **PG** +GUBB19-004+ |

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| 00:30 | **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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| 01:00 | **Queensland Weekender (R) ’CC’** Daredevil Duane takes to the skies; Sammie is meeting turtles on Lady Musgrave Island while Luke and Cody are taking a train trip. | **G** +7QWE18-032+ |

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| 01:30 | **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+ |

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| 02:00 | **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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| 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 heads to Jannei Goat Dairy, before spending the night in Australia's first Bubble tent. Lea visits Koala Park in West Pennant Hills. Fliss signs up for a Mexican Street Food class in Bowral. Starring:ERICA DAVIS,FELICITY URQUHART,LEA WILSON,SALLY STANTON,MIKE WHITNEY | **G** +7SWE25-015+ |

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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** +SAWE18-015+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Daredevil Duane takes to the skies; Sammie is meeting turtles on Lady Musgrave Island while Luke and Cody are taking a train trip. | **G** +7QWE18-032+ |

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| 04:30 | **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+ |

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| 05:00 | **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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| 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+ |