**Sunday 09 June 2019**

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| 06:00 | **Around The World With Manu: Dubai (R)** Manu makes his way to Dubai, as his first stopover, on his around the world journey. He has organized to cook a VIP lunch at the highest restaurant in the world. | **PG** +AWWM01-002+ |

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| 07:00 | **Taco Trip: Santa Barbara (R)** Explore the food scene of Santa Barbara, California. | **PG** +TACO02-009+ |

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| 07:30 | **Guy's Grocery Games: Spiciest! (R)** The heat is on in Flavortown with Guy Fieri's spiciest games yet. | **PG** +GUGG16-004+ |

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| 08:30 | **Diners, Drive-Ins and Dives: A Festival Of Flavor (R)** Guy's pullin' over for the bounty of the county. First up is Denver, the throwback bar going gangster on a short rib burger and a savory apple strudel. | **PG** +DDID17-007+ |

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| 09:00 | **Diners, Drive-Ins and Dives: Timeless Traditions (R)** Guy gets the lowdown on some longstanding traditions. In Philadelphia, the Jamaican joint going all out authentic with the jerk chicken. | **PG** +DDID17-008+ |

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| 09:30 | **Iron Chef America: Symon Vs. Mendelsohn (R)** Top Chef alum Spike Mendelsohn takes on Iron Chef Michael Symon. | **PG** +ICAM08-014+ |

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| 10:30 | **Iron Chef America: Symon / Psilakis Vs. Carro Brothers (R)** Italian brothers Nicola and Fabrizio Carro enter kitchen stadium to take on Iron Chef Michael Symon paired with Chef Michael Psilakis. | **PG** +ICAM08-015+ |

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| 11:30 | **Guy's Grocery Games: Spiciest! (R)** The heat is on in Flavortown with Guy Fieri's spiciest games yet. | **PG** +GUGG16-004+ |

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| 12:30 | **Around The World With Manu: Dubai (R)** Manu makes his way to Dubai, as his first stopover, on his around the world journey. He has organized to cook a VIP lunch at the highest restaurant in the world. | **PG** +AWWM01-002+ |

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| 13:30 | **Taco Trip: Santa Barbara (R)** Explore the food scene of Santa Barbara, California. | **PG** +TACO02-009+ |

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| 14:00 | **Diners, Drive-Ins and Dives: A Festival Of Flavor (R)** Guy's pullin' over for the bounty of the county. First up is Denver, the throwback bar going gangster on a short rib burger and a savory apple strudel. | **PG** +DDID17-007+ |

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| 15:00 | **Guy's Grocery Games: Spiciest! (R)** The heat is on in Flavortown with Guy Fieri's spiciest games yet. | **PG** +GUGG16-004+ |

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| 16:00 | **Iron Chef America: Symon Vs. Mendelsohn (R)** Top Chef alum Spike Mendelsohn takes on Iron Chef Michael Symon. | **PG** +ICAM08-014+ |

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| 17:00 | **Iron Chef America: Symon / Psilakis Vs. Carro Brothers (R)** Italian brothers Nicola and Fabrizio Carro enter kitchen stadium to take on Iron Chef Michael Symon paired with Chef Michael Psilakis. | **PG** +ICAM08-015+ |

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| 18:00 | **Kid's Baking Championship: Defying Gravity (R)** Duff and Valerie challenge the kid bakers to make magic by creating cakes with gravity-defying illusions on them. | **PG** +KBAC05-002+ |

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| 19:00 | **Ridiculous Cakes: Sink Or Swim (R)** A rustic-chic wedding calls for a towering cake topped with life-size antlers. A cake artist tries to make 25 pounds of cake look and float like a turtle. | **PG** +RICA02-003+ |

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| 19:30 | **Cake Wars: Wonder Woman (R)** It's the 75th anniversary of Wonder Woman and Cake Wars is joining the party. Four bakers will face the golden Lasso of Truth from our judges, but only one cake will be chosen. | **PG** +CAKW04-002+ |

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| 20:30 | **Ramsay's Hotel Hell: Applegate River Lodge (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 (D,L)**+HELL02-003+ |

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| 21:30 | **Cupcake Wars: Derby Dolls NEW EPISODE**Four bakers try to elbow past the competition for a chance to bring their cupcakes to a party celebrating the Los Angeles Derby Dolls. | **PG** +CUPW05-007+ |

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| 22:30 | **Cupcake Wars: Mary Poppins (R)** Four bakers will need more than a "Spoonful of Sugar" if they want to win the opportunity to serve their cupcakes at a cast and crew party for the Los Angeles premiere of the musical "Mary Poppins". | **PG** +CUPW07-002+ |

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| 23:30 | **Ridiculous Cakes: Sink Or Swim (R)** A rustic-chic wedding calls for a towering cake topped with life-size antlers. A cake artist tries to make 25 pounds of cake look and float like a turtle. | **PG** +RICA02-003+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Chris finds a place where you can enjoy a trim, shave and great spirits. Kip is on a blokes tour of the Lost World Valley. Sammie solves your fashion dilemmas for this year's Brisbane Racing Carnival. | **G** +7QWE19-015+ |

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

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| 02:00 | **The Great Day Out (R) ’CC’** The whole team is exploring the best of Brisbane and we get the details on what's planned for the future from the man in the know, Lord Mayor Graham Quirk. | **G** +GDOT18-006+ |

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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** +HIWA21-020+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike checks out the history of Canowindra with Blind Freddy's Bushranger Tours. Lea looks at the wineries of the Orange region. Lizzy takes a drive along Fossickers Way. | **PG** +7SWE25-048+ |

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

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| 04:00 | **Queensland Weekender (R) ’CC’** Chris finds a place where you can enjoy a trim, shave and great spirits. Kip is on a blokes tour of the Lost World Valley. Sammie solves your fashion dilemmas for this year's Brisbane Racing Carnival. | **G** +7QWE19-015+ |

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| 05:00 | **The Great Day Out (R) ’CC’** The whole team is exploring the best of Brisbane and we get the details on what's planned for the future from the man in the know, Lord Mayor Graham Quirk. | **G** +GDOT18-006+ |

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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** +HIWA21-020+ |

 **Monday 10 June 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike checks out the history of Canowindra with Blind Freddy's Bushranger Tours. Lea looks at the wineries of the Orange region. Lizzy takes a drive along Fossickers Way. | **PG** +7SWE25-048+ |

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| 06:30 | **Kid's Baking Championship: Defying Gravity (R)** Duff and Valerie challenge the kid bakers to make magic by creating cakes with gravity-defying illusions on them. | **PG** +KBAC05-002+ |

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| 07:30 | **Cake Wars: Wonder Woman (R)** It's the 75th anniversary of Wonder Woman and Cake Wars is joining the party. Four bakers will face the golden Lasso of Truth from our judges, but only one cake will be chosen. | **PG** +CAKW04-002+ |

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| 08:30 | **Cupcake Wars: Derby Dolls (R)** Four bakers try to elbow past the competition for a chance to bring their cupcakes to a party celebrating the Los Angeles Derby Dolls. | **PG** +CUPW05-007+ |

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| 09:30 | **Cupcake Wars: Mary Poppins (R)** Four bakers will need more than a "Spoonful of Sugar" if they want to win the opportunity to serve their cupcakes at a cast and crew party for the Los Angeles premiere of the musical "Mary Poppins". | **PG** +CUPW07-002+ |

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| 10:30 | **Better Homes And Gardens (R) ’CC’** Joh catches up with singer Vanessa Amorosi in her childhood home town. Dr Harry helps a man with three naughty goats. Karen makes lamb ragu with white wine and sage.  | **G** +BHAG25-019+ |

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| 12:00 | **Cupcake Wars: Derby Dolls (R)** Four bakers try to elbow past the competition for a chance to bring their cupcakes to a party celebrating the Los Angeles Derby Dolls. | **PG** +CUPW05-007+ |

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| 13:00 | **Cupcake Wars: Mary Poppins (R)** Four bakers will need more than a "Spoonful of Sugar" if they want to win the opportunity to serve their cupcakes at a cast and crew party for the Los Angeles premiere of the musical "Mary Poppins". | **PG** +CUPW07-002+ |

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| 14:00 | **Kid's Baking Championship: Defying Gravity (R)** Duff and Valerie challenge the kid bakers to make magic by creating cakes with gravity-defying illusions on them. | **PG** +KBAC05-002+ |

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| 15:00 | **Ridiculous Cakes: Sink Or Swim (R)** A rustic-chic wedding calls for a towering cake topped with life-size antlers. A cake artist tries to make 25 pounds of cake look and float like a turtle. | **PG** +RICA02-003+ |

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| 15:30 | **Easy Chinese: L.A. Late Night Eats (R)** Ching-He Huang scours the City of Angels to find the best Chinese offerings in the vast Los Angeles late-night street eats scene. | **PG** +EACH02-004+ |

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| 16:00 | **Giada At Home: Father's Day Pasta (R)** Giada De Laurentiis creates a make a special Father's Day dinner while Jade spends a fun day with dad. | **PG** +GIHO05-019+ |

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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** +HOWL03-016+ |

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

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| 18:30 | **Chopped: Beast Feast (R)** The competitors face off in a protein-packed battle, even featuring some fierce ingredients that are too big for the baskets. | **PG** +CHPD31-011+ |

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| 19:30 | **Kid's Baking Championship: Ice Screamers (R)** In a moment of serendipity, Duff Goldman and Valerie Bertinelli create an ice cream sandwich with a doughnut... which gives them a great idea. | **PG** +KBAC05-003+ |

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| 20:30 | **Cake Wars: Shrek NEW EPISODE**Everyone's favorite ogre is making his way to Cake Wars - Shrek himself! DreamWorks Animation is throwing a massive party to celebrate the 15th Anniversary of the iconic animated film. | **PG** +CAKW02-007+ |

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| 21:30 | **Spring Baking Championship: Easter Treats (R)** Nine of the best bakers in America create Easter egg desserts and bunny cakes. | **PG** +SPBC03-001+ |

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| 22:30 | **Kid's Baking Championship: Ice Screamers (R)** In a moment of serendipity, Duff Goldman and Valerie Bertinelli create an ice cream sandwich with a doughnut... which gives them a great idea. | **PG** +KBAC05-003+ |

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| 23:30 | **Chopped: Beast Feast (R)** The competitors face off in a protein-packed battle, even featuring some fierce ingredients that are too big for the baskets. | **PG** +CHPD31-011+ |

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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** +SAWE18-034+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Victoria is on a unique cruise on the Endeavour River in Cooktown. Chris explores the Fraser Coast and its many family friendly offerings, while Bridget is heading west to country town Miles. | **G** +7QWE19-016+ |

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

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| 02:00 | **The Great Day Out (R) ’CC’** The Great Day Out team is enjoying a little indulgence in beautiful Broadbeach this week, from family, to fun, and fine fare. | **G** +GDOT18-007+ |

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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** +HIWA21-021+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike tours the Sydney Cricket and Sporting Ground Trust Precinct. Mel goes to Alice Springs to check out some gorgeous locations and art. Sally goes to Canberra for the Enlighten Festival. Starring:ERICA DAVIS,LEA WILSON,SALLY STANTON,MEL SYMONS,MIKE WHITNEY | **G** +7SWE26-001+ |

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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** +SAWE18-034+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Victoria is on a unique cruise on the Endeavour River in Cooktown. Chris explores the Fraser Coast and its many family friendly offerings, while Bridget is heading west to country town Miles. | **G** +7QWE19-016+ |

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

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| 05:00 | **The Great Day Out (R) ’CC’** The Great Day Out team is enjoying a little indulgence in beautiful Broadbeach this week, from family, to fun, and fine fare. | **G** +GDOT18-007+ |

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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** +HIWA21-021+ |

 **Tuesday 11 June 2019**

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| 06:00 | **Spring Baking Championship: Easter Treats (R)** Nine of the best bakers in America create Easter egg desserts and bunny cakes. | **PG** +SPBC03-001+ |

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| 07:00 | **Easy Chinese: L.A. Late Night Eats (R)** Ching-He Huang scours the City of Angels to find the best Chinese offerings in the vast Los Angeles late-night street eats scene. | **PG** +EACH02-004+ |

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| 07:30 | **The Kitchen: Full House For The Holidays (R)** 'Tis the season to have a full house for the holidays and Jeff Mauro is ready with his crowd-pleasing Santa's Sausage and Snow Strata brunch. | **PG** +TKIT15-007+ |

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| 08:30 | **Cake Wars: Shrek (R)** Everyone's favorite ogre is making his way to Cake Wars - Shrek himself! DreamWorks Animation is throwing a massive party to celebrate the 15th Anniversary of the iconic animated film. | **PG** +CAKW02-007+ |

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| 09:30 | **Giada At Home: Father's Day Pasta (R)** Giada De Laurentiis creates a make a special Father's Day dinner while Jade spends a fun day with dad. | **PG** +GIHO05-019+ |

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| 10:00 | **Easy Chinese: L.A. Late Night Eats (R)** Ching-He Huang scours the City of Angels to find the best Chinese offerings in the vast Los Angeles late-night street eats scene. | **PG** +EACH02-004+ |

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| 10:30 | **Barefoot Contessa: Training Day Dinner (R)** The East Hampton ambulance volunteers meet once a month for a cookout to feed its 50 volunteers and Ina's pitching in with the help of local chef Joe Realmuto from Townline BBQ. | **PG** +BARE07-001+ |

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| 11:00 | **Spring Baking Championship: Easter Treats (R)** Nine of the best bakers in America create Easter egg desserts and bunny cakes. | **PG** +SPBC03-001+ |

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| 12:00 | **The Kitchen: Full House For The Holidays (R)** 'Tis the season to have a full house for the holidays and Jeff Mauro is ready with his crowd-pleasing Santa's Sausage and Snow Strata brunch. | **PG** +TKIT15-007+ |

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| 13:00 | **Chopped: Beast Feast (R)** The competitors face off in a protein-packed battle, even featuring some fierce ingredients that are too big for the baskets. | **PG** +CHPD31-011+ |

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| 14:00 | **Giada At Home: Father's Day Pasta (R)** Giada De Laurentiis creates a make a special Father's Day dinner while Jade spends a fun day with dad. | **PG** +GIHO05-019+ |

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| 14:30 | **Kid's Baking Championship: Ice Screamers (R)** In a moment of serendipity, Duff Goldman and Valerie Bertinelli create an ice cream sandwich with a doughnut... which gives them a great idea. | **PG** +KBAC05-003+ |

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| 15:30 | **Cake Wars: Shrek (R)** Everyone's favorite ogre is making his way to Cake Wars - Shrek himself! DreamWorks Animation is throwing a massive party to celebrate the 15th Anniversary of the iconic animated film. | **PG** +CAKW02-007+ |

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| 16:30 | **Easy Chinese: Little Taiwan** Ching-He Huang discovers the food from her youth at Monterey Park's Little Taiwan and explores what makes Taiwanese food distinct from other forms of Chinese cuisine. | **PG** +EACH02-005+ |

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| 17:00 | **Giada At Home: Football's Top Four (R)** Giada De Laurentiis makes the top four most-requested game-day snacks and gives each one her own special spin. | **PG** +GIHO08-001+ |

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| 17:30 | **The Kitchen: A Festive Family Feast (R)** The Kitchen is decking the halls for a holiday feast and Katie Lee kicks things off with her Sticky Apricot Drumsticks. | **PG** +TKIT15-008+ |

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| 18:30 | **Chopped: Million Dollar Baskets (R)** No expense has been spared with these top-notch, top-dollar basket ingredients! The second million dollar basket features something lavishly sweet and something deliciously rare. | **PG** +CHPD31-012+ |

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| 19:30 | **Mystery Diners: Promotion Sabotage** When Isabel and Todd, owners of Barrio Star in San Diego, have a dispute over which waiter to promote to manager, they contact Charles Stiles to mediate. | **PG** +MYSD07-003+ |

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| 20:00 | **Mystery Diners: Dueling Food Trucks** Owners of rival food trucks work together to investigate revenue loss in both of their vehicles. | **PG** +MYSD07-004+ |

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| 20:30 | **Restaurant Impossible: Zandi's Grill DOUBLE EPISODE**Chef Robert Irvine visits Zandi's Grill in Millersville, Maryland and after struggling to find the restaurant is met with the challenge of poor quality food, poor service and a very dated decor. | **PG** +RIMP04-003+ |

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| 21:30 | **Restaurant Impossible: Italian Village** Chef Robert's latest mission takes him to the Philadelphia suburbs. | **PG** +RIMP04-004+ |

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

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

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| 23:30 | **Chopped: Million Dollar Baskets (R)** No expense has been spared with these top-notch, top-dollar basket ingredients! The second million dollar basket features something lavishly sweet and something deliciously rare. | **PG** +CHPD31-012+ |

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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** +SAWE18-035+ |

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| 01:00 | **Queensland Weekender ’CC’** From day tripping to the reef, relaxing at a cool city restaurant, or watching a fiery outback sunset, Queensland Weekender will inspire you to make the most of a weekend in our beautiful State. | **G** +7QWE19-017+ |

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| 01:30 | **Creek To Coast (R) ’CC’** From the mountains to the estuaries Scotty tags along on boating, camping and fishing adventures with cricket personalities Lisa Sthalekar, Geoff Lawson, Mike Whitney and Peter Forrest. | **G** +7CTC19-001+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Jess gets the low-down on a new yoga craze. Courtney's trackside as we get set for the Channel Seven Brisbane Racing Carnival. Sofie enjoys Brisbane's top animal encounters. | **G** +GDOT18-008+ |

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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** +HIWA21-022+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike explores Orange. Dean heads to Balmoral Beach to try foil serving. Mel visits Alice Springs to check out some gorgeous locations. Starring:DEAN CROPP,ERICA DAVIS,SALLY STANTON,MEL SYMONS,MIKE WHITNEY | **G** +7SWE26-002+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Jess gets the low-down on a new yoga craze. Courtney's trackside as we get set for the Channel Seven Brisbane Racing Carnival. Sofie enjoys Brisbane's top animal encounters. | **G** +GDOT18-008+ |

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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** +HIWA21-022+ |

 **Wednesday 12 June 2019**

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| 06:00 | **Restaurant Impossible: Zandi's Grill (R)** Chef Robert Irvine visits Zandi's Grill in Millersville, Maryland and after struggling to find the restaurant is met with the challenge of poor quality food, poor service and a very dated decor. | **PG** +RIMP04-003+ |

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| 07:00 | **Easy Chinese: Little Taiwan (R)** Ching-He Huang discovers the food from her youth at Monterey Park's Little Taiwan and explores what makes Taiwanese food distinct from other forms of Chinese cuisine. | **PG** +EACH02-005+ |

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| 07:30 | **The Kitchen: A Festive Family Feast (R)** The Kitchen is decking the halls for a holiday feast and Katie Lee kicks things off with her Sticky Apricot Drumsticks. | **PG** +TKIT15-008+ |

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| 08:30 | **Mystery Diners: Promotion Sabotage (R)** When Isabel and Todd, owners of Barrio Star in San Diego, have a dispute over which waiter to promote to manager, they contact Charles Stiles to mediate. | **PG** +MYSD07-003+ |

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| 09:00 | **Mystery Diners: Dueling Food Trucks (R)** Owners of rival food trucks work together to investigate revenue loss in both of their vehicles. | **PG** +MYSD07-004+ |

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| 09:30 | **Giada At Home: Football's Top Four (R)** Giada De Laurentiis makes the top four most-requested game-day snacks and gives each one her own special spin. | **PG** +GIHO08-001+ |

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| 10:00 | **Easy Chinese: Little Taiwan (R)** Ching-He Huang discovers the food from her youth at Monterey Park's Little Taiwan and explores what makes Taiwanese food distinct from other forms of Chinese cuisine. | **PG** +EACH02-005+ |

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| 10:30 | **Barefoot Contessa: Barefoot Bistro (R)** This is French food made easy. Ina is demystifying the classics, offering tips and techniques to get French flavor fast: There are ideas for French table setting! | **PG** +BARE07-002+ |

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| 11:00 | **Restaurant Impossible: Italian Village (R)** Chef Robert's latest mission takes him to the Philadelphia suburbs. | **PG** +RIMP04-004+ |

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| 12:00 | **The Kitchen: A Festive Family Feast (R)** The Kitchen is decking the halls for a holiday feast and Katie Lee kicks things off with her Sticky Apricot Drumsticks. | **PG** +TKIT15-008+ |

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| 13:00 | **Chopped: Million Dollar Baskets (R)** No expense has been spared with these top-notch, top-dollar basket ingredients! The second million dollar basket features something lavishly sweet and something deliciously rare. | **PG** +CHPD31-012+ |

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| 14:00 | **Giada At Home: Football's Top Four (R)** Giada De Laurentiis makes the top four most-requested game-day snacks and gives each one her own special spin. | **PG** +GIHO08-001+ |

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| 14:30 | **Restaurant Impossible: Zandi's Grill (R)** Chef Robert Irvine visits Zandi's Grill in Millersville, Maryland and after struggling to find the restaurant is met with the challenge of poor quality food, poor service and a very dated decor. | **PG** +RIMP04-003+ |

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| 15:30 | **Restaurant Impossible: Italian Village (R)** Chef Robert's latest mission takes him to the Philadelphia suburbs. | **PG** +RIMP04-004+ |

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| 16:30 | **Easy Chinese: The Chinese Holy Trinity: Garlic, Ginger And Chiles** Aromatics take center stage as Ching-He Huang shows you the superstar ingredients behind every Chinese staple. | **PG** +EACH02-006+ |

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| 17:00 | **Giada At Home: Chocolate Kisses (R)** With a little TLC, Giada De Laurentiis shares some of her favorite chocolate Valentine's Day treats. | **PG** +GIHO08-002+ |

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| 17:30 | **The Kitchen: Jolly Good Holiday (R)** The Kitchen is bringing good tidings and a great menu for holiday cheer. To start, Geoffrey Zakarian serves Beef Tenderloin with Jeff Mauro's Blue Cheesy Yorkshire Puddings. | **PG** +TKIT15-009+ |

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| 18:30 | **Chopped: Back In Time (R)** The baskets are filled with retro ingredients, which have the competitors and the judges thinking back on bygone eras and savoring flavor memories. | **PG** +CHPD31-013+ |

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| 19:30 | **Restaurant: Impossible: Pizza: Impossible (R)** The food at Mama Della's N.Y. City Pizzeria in Baton Rouge, La., is great, but stubborn owner Barry is the biggest obstacle to his restaurant's success. | **PG** +RIMP08-004+ |

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| 20:30 | **Hell's Kitchen USA NEW EPISODE**The next challenge involves ingredients determined by roll of the dice. | **MA (L)**+HEKI13-009+ |

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| 21:30 | **Hell's Kitchen USA NEW EPISODE**The chefs create Indian-inspired meals, with the winning team earning a day of pampering at a luxurious spa. | **MA (L)**+HEKI13-010+ |

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| 22:30 | **Restaurant: Impossible: Pizza: Impossible (R)** The food at Mama Della's N.Y. City Pizzeria in Baton Rouge, La., is great, but stubborn owner Barry is the biggest obstacle to his restaurant's success. | **PG** +RIMP08-004+ |

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| 23:30 | **Chopped: Back In Time (R)** The baskets are filled with retro ingredients, which have the competitors and the judges thinking back on bygone eras and savoring flavor memories. | **PG** +CHPD31-013+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-036+ |

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| 01:00 | **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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| 01:30 | **Creek To Coast (R) ’CC’** Join Roger on a caravanning journey of a lifetime to Moreton Island. | **G** +7CTC19-002+ |

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

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

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| 03:00 | **TBA:** TBC | ++ |

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

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| 04:00 | **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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| 04:30 | **Creek To Coast (R) ’CC’** Join Roger on a caravanning journey of a lifetime to Moreton Island. | **G** +7CTC19-002+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Alastair digs deep and meets some passionate Toowoomba farmers. Sofie heads to the Great Barrier Reef. Damien gets the scoop on the new GOMA exhibition while Laurel uncovers some recycled gems. | **G** +GDOT18-009+ |

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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+ |

 **Thursday 13 June 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike heads to the Snowy Mountains, and goes on a river sled tour with Activate Lake Crackenback. Fliss heads for the Wyong Milk Factory. Teigan goes to Skater HQ to have fun while getting fit.  | **G** +7SWE26-003+ |

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| 06:30 | **Barefoot Contessa: Fruit All Ways (R)** Sweet and savory, this is fruit all the way and anything goes. Ina is pushing the fruit boundaries by shaking up the classics, getting the scoop on fruit desserts like French Nougatine. | **PG** +BARE07-003+ |

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| 07:00 | **Easy Chinese: The Chinese Holy Trinity: Garlic, Ginger And Chiles (R)** Aromatics take center stage as Ching-He Huang shows you the superstar ingredients behind every Chinese staple. | **PG** +EACH02-006+ |

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| 07:30 | **The Kitchen: Jolly Good Holiday (R)** The Kitchen is bringing good tidings and a great menu for holiday cheer. To start, Geoffrey Zakarian serves Beef Tenderloin with Jeff Mauro's Blue Cheesy Yorkshire Puddings. | **PG** +TKIT15-009+ |

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| 08:30 | **The Great Food Truck Race: Battle For The South: Fresh Off The Farm (R)** The remaining three food truck teams arrive at a peach farm in Athens, GA, where they meet Tyler Florence and Athens chef Mimi Maumus. | **PG** +GFTR08-005+ |

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| 09:30 | **Giada At Home: Chocolate Kisses (R)** With a little TLC, Giada De Laurentiis shares some of her favorite chocolate Valentine's Day treats. | **PG** +GIHO08-002+ |

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| 10:00 | **Easy Chinese: The Chinese Holy Trinity: Garlic, Ginger And Chiles (R)** Aromatics take center stage as Ching-He Huang shows you the superstar ingredients behind every Chinese staple. | **PG** +EACH02-006+ |

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| 10:30 | **Barefoot Contessa: Fruit All Ways (R)** Sweet and savory, this is fruit all the way and anything goes. Ina is pushing the fruit boundaries by shaking up the classics, getting the scoop on fruit desserts like French Nougatine. | **PG** +BARE07-003+ |

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| 11:00 | **The Great Food Truck Race: Battle For The South: Fresh Off The Farm (R)** The remaining three food truck teams arrive at a peach farm in Athens, GA, where they meet Tyler Florence and Athens chef Mimi Maumus. | **PG** +GFTR08-005+ |

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| 12:00 | **The Kitchen: Jolly Good Holiday (R)** The Kitchen is bringing good tidings and a great menu for holiday cheer. To start, Geoffrey Zakarian serves Beef Tenderloin with Jeff Mauro's Blue Cheesy Yorkshire Puddings. | **PG** +TKIT15-009+ |

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| 13:00 | **Chopped: Back In Time (R)** The baskets are filled with retro ingredients, which have the competitors and the judges thinking back on bygone eras and savoring flavor memories. | **PG** +CHPD31-013+ |

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| 14:00 | **Giada At Home: Chocolate Kisses (R)** With a little TLC, Giada De Laurentiis shares some of her favorite chocolate Valentine's Day treats. | **PG** +GIHO08-002+ |

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| 14:30 | **The Great Food Truck Race: Battle For The South: Fresh Off The Farm (R)** The remaining three food truck teams arrive at a peach farm in Athens, GA, where they meet Tyler Florence and Athens chef Mimi Maumus. | **PG** +GFTR08-005+ |

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| 15:30 | **Restaurant: Impossible: Pizza: Impossible (R)** The food at Mama Della's N.Y. City Pizzeria in Baton Rouge, La., is great, but stubborn owner Barry is the biggest obstacle to his restaurant's success. | **PG** +RIMP08-004+ |

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| 16:30 | **Easy Chinese: Use Your Noodle** The almighty Chinese noodle gets the red carpet treatment as Ching-He Huang explores the variety of Chinese noodles and how they are used. | **PG** +EACH02-007+ |

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| 17:00 | **Giada At Home: Hooray For Hollywood (R)** It's a glamorous trip down memory lane and a taste of the beloved foods of Old Hollywood. | **PG** +GIHO08-003+ |

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| 17:30 | **The Kitchen: Brunch Resolutions (R)** The Kitchen kicks off the New Year with resolutions for brunch. Geoffrey Zakarian starts off with one of Spain's most popular dishes, a Brunch Tortilla. | **PG** +TKIT15-010+ |

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| 18:30 | **Chopped: Entree Basket Blues (R)** In the entree round, some of the chefs attempt to creatively mask the bright blue color of one of the basket ingredients. Then, will the final two chefs' fruit-and-fries creations please the judges? | **PG** +CHPD31-014+ |

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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: Walnut Tree (R) ’CC’** Gordon goes to The Walnut Tree Inn. It's in big trouble - there's no head chef, the customers have dwindled, and the owner has had to sell the family home to keep the business afloat. | **M (L)**+RAKN01-003+ |

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| 21:30 | **Ramsay's Kitchen Nightmares: Moore Place (R) ’CC’** Gordon visits Moore Place, run by two self-confessed restaurant virgins. They've both had successful previous careers, but hadn't fathomed was just how difficult it would be to run a restaurant. | **MA (L)**+RAKN01-004+ |

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| 22:30 | **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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| 23:30 | **Chopped: Entree Basket Blues (R)** In the entree round, some of the chefs attempt to creatively mask the bright blue color of one of the basket ingredients. Then, will the final two chefs' fruit-and-fries creations please the judges? | **PG** +CHPD31-014+ |

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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** +SAWE18-037+ |

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| 01:00 | **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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| 01:30 | **Creek To Coast (R) ’CC’** Olivia has a surprise for Scotty as they explore Vanuatu, Paul Burt is looking after his mate, Sally is cooking flathead and Liz is in her home town of the Gold Coast. | **G** +7CTC19-003+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Alastair gets a taste of the south east's newest night markets, Nathan Spurling shares his Great Day Out, Jess learns the ins and outs of silversmithing and Sofie is back in paradise. | **G** +GDOT18-010+ |

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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 an overview of the Hawkesbury region from the Vale of Avoca Lookout. Mel explores the West MacDonnell Ranges. Rose eats out at two inner city restaurants serving Italian and Indian food.  | **G** +7SWE26-004+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-037+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Join us this week on Queensland Weekender as Chris goes in search of Queensland's hottest events. | **G** +7QWE18-002+ |

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| 04:30 | **Creek To Coast (R) ’CC’** Olivia has a surprise for Scotty as they explore Vanuatu, Paul Burt is looking after his mate, Sally is cooking flathead and Liz is in her home town of the Gold Coast. | **G** +7CTC19-003+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Alastair gets a taste of the south east's newest night markets, Nathan Spurling shares his Great Day Out, Jess learns the ins and outs of silversmithing and Sofie is back in paradise. | **G** +GDOT18-010+ |

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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+ |

 **Friday 14 June 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike gets an overview of the Hawkesbury region from the Vale of Avoca Lookout. Mel explores the West MacDonnell Ranges. Rose eats out at two inner city restaurants serving Italian and Indian food.  | **G** +7SWE26-004+ |

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| 06:30 | **Barefoot Contessa: Italian at Home (R)** Inspired by a recent trip to Florence, Ina is re-creating a fabulous Florentine feast for friends back home in East Hampton. There's a mozzarella master class with a local cheese maker! | **PG** +BARE07-004+ |

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| 07:00 | **Easy Chinese: Use Your Noodle (R)** The almighty Chinese noodle gets the red carpet treatment as Ching-He Huang explores the variety of Chinese noodles and how they are used. | **PG** +EACH02-007+ |

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| 07:30 | **The Kitchen: Brunch Resolutions (R)** The Kitchen kicks off the New Year with resolutions for brunch. Geoffrey Zakarian starts off with one of Spain's most popular dishes, a Brunch Tortilla. | **PG** +TKIT15-010+ |

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| 08:30 | **Rachael Ray's Week In A Day: Tricks, Treats And Sweets (R)** A Halloween week menu sure to satisfy ghouls, ghosts and goblins of all ages. | **PG** +WIAD05-005+ |

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| 09:30 | **Giada At Home: Hooray For Hollywood (R)** It's a glamorous trip down memory lane and a taste of the beloved foods of Old Hollywood. | **PG** +GIHO08-003+ |

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| 10:00 | **Easy Chinese: Use Your Noodle (R)** The almighty Chinese noodle gets the red carpet treatment as Ching-He Huang explores the variety of Chinese noodles and how they are used. | **PG** +EACH02-007+ |

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| 10:30 | **Barefoot Contessa: Italian at Home (R)** Inspired by a recent trip to Florence, Ina is re-creating a fabulous Florentine feast for friends back home in East Hampton. There's a mozzarella master class with a local cheese maker! | **PG** +BARE07-004+ |

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| 11:00 | **Rachael Ray's Week In A Day: Tricks, Treats And Sweets (R)** A Halloween week menu sure to satisfy ghouls, ghosts and goblins of all ages. | **PG** +WIAD05-005+ |

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| 12:00 | **The Kitchen: Brunch Resolutions (R)** The Kitchen kicks off the New Year with resolutions for brunch. Geoffrey Zakarian starts off with one of Spain's most popular dishes, a Brunch Tortilla. | **PG** +TKIT15-010+ |

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| 13:00 | **Chopped: Entree Basket Blues (R)** In the entree round, some of the chefs attempt to creatively mask the bright blue color of one of the basket ingredients. Then, will the final two chefs' fruit-and-fries creations please the judges? | **PG** +CHPD31-014+ |

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| 14:00 | **Giada At Home: Hooray For Hollywood (R)** It's a glamorous trip down memory lane and a taste of the beloved foods of Old Hollywood. | **PG** +GIHO08-003+ |

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| 14:30 | **Rachael Ray's Week In A Day: Tricks, Treats And Sweets (R)** A Halloween week menu sure to satisfy ghouls, ghosts and goblins of all ages. | **PG** +WIAD05-005+ |

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| 15:30 | **Easy Chinese: The Chinese Like It Hotter** When it comes to spicy food, Chinese food is often not thought of as being part of the conversation. Ching-He Huang wants to change this perception. | **PG** +EACH02-008+ |

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| 16:00 | **Giada At Home: Late-Night Munchies (R)** It's midnight, you're starving and you feel like some good old-fashioned comfort food. Giada De Laurentiis raids her fridge and whips up some of her favorite late-night munchies. | **PG** +GIHO08-004+ |

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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** +HOWL03-016+ |

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| 17:30 | **The Kitchen: Hearty And Healthy (R)** The Kitchen is making flavorful and veggie-packed recipes. Jeff Mauro shares his Chicken Pot Pie with Butternut Squash Gravy and Katie Lee adds her Chicken Alfredo Spaghetti Squash Boats to the menu. | **PG** +TKIT15-011+ |

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| 18:30 | **Chopped: Taco Time! (R)** In each round of this competition, the chefs are tasked with showcasing their creative take on the taco. | **PG** +CHPD31-015+ |

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| 19:30 | **Bizarre Foods With Andrew Zimmern: Greece (R)** Andrew meets Greeks passionate about food in Athens and on the remote island of Kalymnos. | **PG (A)**+BIFO04-004+ |

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| 20:30 | **Mystery Diners: Tables Turned (R)** In this special episode of Mystery Diners, Charles Stiles and his undercover team risk it all to bust the boss. For the first time ever, the sting is conducted from inside the restaurant.  | **PG (L,A)**+MYSD11-013+ |

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| 21:00 | **Mystery Diners: Partner Problems (R)** A former client contacting Charles, for help, determining if he should invest in a failing California restaurant.  | **PG (L,A)**+MYSD10-001+ |

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| 21:30 | **Cutthroat Kitchen: Superhero Sabotage NEW EPISODE**Sabotages involve a phone booth, a 1970s-era living room, and riding a bike. | **PG** +CUTK04-011+ |

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| 22:30 | **Mystery Diners: Tables Turned (R)** In this special episode of Mystery Diners, Charles Stiles and his undercover team risk it all to bust the boss. For the first time ever, the sting is conducted from inside the restaurant.  | **PG (L,A)**+MYSD11-013+ |

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| 23:00 | **Mystery Diners: Partner Problems (R)** A former client contacting Charles, for help, determining if he should invest in a failing California restaurant.  | **PG (L,A)**+MYSD10-001+ |

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| 23:30 | **Chopped: Taco Time! (R)** In each round of this competition, the chefs are tasked with showcasing their creative take on the taco. | **PG** +CHPD31-015+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-038+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** This week Liz Cantor has the ultimate surprise for her husband's birthday, a tandem skydive. Bridget heads to the tropics to one of the event cities for the 2018 Commonwealth Games. | **G** +7QWE18-003+ |

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| 01:30 | **Creek To Coast (R) ’CC’** From big pelagics, to monster reefies Scotty and his son Bailey take us way out to the fringing reefs offshore from Airlie Beach. | **G** +7CTC19-004+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Jess is island bound, on a new Stradbroke daytrip from Brisbane. While, Jill meets an icon in nature photography, Steve Parish. | **G** +GDOT18-011+ |

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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 Port Stephens for adventure on the sand and sea, with Sand Dune Adventures and Moonshadow Cruises. Teigan learns to surf at Bondi. Erica checks out glamping and more in Forster.  | **G** +7SWE26-005+ |

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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** +SAWE18-038+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** This week Liz Cantor has the ultimate surprise for her husband's birthday, a tandem skydive. Bridget heads to the tropics to one of the event cities for the 2018 Commonwealth Games. | **G** +7QWE18-003+ |

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| 04:30 | **Creek To Coast (R) ’CC’** From big pelagics, to monster reefies Scotty and his son Bailey take us way out to the fringing reefs offshore from Airlie Beach. | **G** +7CTC19-004+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Jess is island bound, on a new Stradbroke daytrip from Brisbane. While, Jill meets an icon in nature photography, Steve Parish. | **G** +GDOT18-011+ |

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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+ |

 **Saturday 15 June 2019**

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| 06:00 | **Rachael Ray's Week In A Day: Tricks, Treats And Sweets (R)** A Halloween week menu sure to satisfy ghouls, ghosts and goblins of all ages. | **PG** +WIAD05-005+ |

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| 07:00 | **Food Network Star: A New Food Network Star** It all comes down to the final week. | **PG** +FONS12-011+ |

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| 08:00 | **The Kitchen: Hearty And Healthy (R)** The Kitchen is making flavorful and veggie-packed recipes. Jeff Mauro shares his Chicken Pot Pie with Butternut Squash Gravy and Katie Lee adds her Chicken Alfredo Spaghetti Squash Boats to the menu. | **PG** +TKIT15-011+ |

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| 09:00 | **Easy Chinese: The Chinese Like It Hotter (R)** When it comes to spicy food, Chinese food is often not thought of as being part of the conversation. Ching-He Huang wants to change this perception. | **PG** +EACH02-008+ |

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| 09:30 | **Giada At Home: Late-Night Munchies (R)** It's midnight, you're starving and you feel like some good old-fashioned comfort food. Giada De Laurentiis raids her fridge and whips up some of her favorite late-night munchies. | **PG** +GIHO08-004+ |

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| 10:00 | **Cutthroat Kitchen: Superhero Sabotage (R)** Sabotages involve a phone booth, a 1970s-era living room, and riding a bike. | **PG** +CUTK04-011+ |

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| 11:00 | **Food Network Star: A New Food Network Star (R)** It all comes down to the final week. | **PG** +FONS12-011+ |

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| 12:00 | **Easy Chinese: The Chinese Like It Hotter (R)** When it comes to spicy food, Chinese food is often not thought of as being part of the conversation. Ching-He Huang wants to change this perception. | **PG** +EACH02-008+ |

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| 12:30 | **Giada At Home: Late-Night Munchies (R)** It's midnight, you're starving and you feel like some good old-fashioned comfort food. Giada De Laurentiis raids her fridge and whips up some of her favorite late-night munchies. | **PG** +GIHO08-004+ |

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| 13:00 | **Chopped: Taco Time! (R)** In each round of this competition, the chefs are tasked with showcasing their creative take on the taco. | **PG** +CHPD31-015+ |

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| 14:00 | **Food Network Star: A New Food Network Star (R)** It all comes down to the final week. | **PG** +FONS12-011+ |

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| 15:00 | **Cutthroat Kitchen: Superhero Sabotage (R)** Sabotages involve a phone booth, a 1970s-era living room, and riding a bike. | **PG** +CUTK04-011+ |

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| 16:00 | **Bizarre Foods With Andrew Zimmern: Greece (R)** Andrew meets Greeks passionate about food in Athens and on the remote island of Kalymnos. | **PG (A)**+BIFO04-004+ |

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| 17:00 | **The Kitchen: Hearty And Healthy (R)** The Kitchen is making flavorful and veggie-packed recipes. Jeff Mauro shares his Chicken Pot Pie with Butternut Squash Gravy and Katie Lee adds her Chicken Alfredo Spaghetti Squash Boats to the menu. | **PG** +TKIT15-011+ |

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| 18:00 | **Mystery Diners: Tables Turned (R)** In this special episode of Mystery Diners, Charles Stiles and his undercover team risk it all to bust the boss. For the first time ever, the sting is conducted from inside the restaurant.  | **PG (L,A)**+MYSD11-013+ |

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| 18:30 | **Mystery Diners: Partner Problems (R)** A former client contacting Charles, for help, determining if he should invest in a failing California restaurant.  | **PG (L,A)**+MYSD10-001+ |

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| 19:00 | **Around The World With Manu: India (R)** Manu's travels in Dubai were incredible, but it's time to get serious with his journey and make tracks. A short flight to Mumbai, and he is in India for the first time in his life. | **PG** +AWWM01-003+ |

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| 20:00 | **Iron Chef America: Symon Vs. Okuwa NEW EPISODE**Chef Makoto Okuwa enters Kitchen Stadium for the 1st time as a challenger. | **PG** +ICAM08-016+ |

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| 21:00 | **Iron Chef America: Morimoto Vs. Hines NEW EPISODE**Celebrated Seattle Chef Maria Hines challenges Iron Chef Morimoto. | **PG** +ICAM08-017+ |

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| 22:00 | **Diners, Drive-Ins and Dives: From Pound Cake To Pot Pie** Guy's pullin' in for a mishmash of comfort food. In Philadelphia, the low country joint dishing out unique North African chicken and sour cream pound cake. | **PG** +DDID17-009+ |

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| 22:30 | **Diners, Drive-Ins and Dives: All San Diego, All The Time** Guy's heading to San Diego for some favorites, old and new. In Ocean Beach, Calif., Guy's hittin' up a legendary surfer spot for some righteous burgers with an old buddy. | **PG** +DDID17-010+ |

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| 23:00 | **Anthony Bourdain: The Layover: Dublin (R)** Anthony finds that Dublin's food scene is keeping up with its famed drinking scene. Tony covers all of what Dublin does best in a few short hours. | **M (L,A)**+TLAY02-003+ |

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| 00:00 | **Sydney Weekender (R) ’CC’** Mike heads to the remarkable Riverina region, checking out the Narrandera Flora and Fauna Reserve. Lizzy gets a taste of farm life in Wagga Wagga. Matt visits Balranald.  | **G** +7SWE26-006+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-001+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Victoria is on a driving holiday along The Great Dividing Range. | **G** +7QWE18-004+ |

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| 01:30 | **Creek To Coast (R) ’CC’** Olivia catches up with MKR's Stacey and Ash, the friendly pirate. Two cricketers and one kayak what could go wrong plus Scotty has all the tricks to surface fishing. | **G** +7CTC19-005+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Laurel meets the women behind an exotic Brisbane marketplace, Jill's got the need for speed, and Alastair and Sofie have Ipswich and Toowoomba's dining scenes covered. | **G** +GDOT18-012+ |

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

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike heads to the remarkable Riverina region, checking out the Narrandera Flora and Fauna Reserve. Lizzy gets a taste of farm life in Wagga Wagga. Matt visits Balranald.  | **G** +7SWE26-006+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-001+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Victoria is on a driving holiday along The Great Dividing Range. | **G** +7QWE18-004+ |

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| 04:30 | **Creek To Coast (R) ’CC’** Olivia catches up with MKR's Stacey and Ash, the friendly pirate. Two cricketers and one kayak what could go wrong plus Scotty has all the tricks to surface fishing. | **G** +7CTC19-005+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Laurel meets the women behind an exotic Brisbane marketplace, Jill's got the need for speed, and Alastair and Sofie have Ipswich and Toowoomba's dining scenes covered. | **G** +GDOT18-012+ |

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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+ |