**Sunday 10 February 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike heads to the Southern Tablelands, and checks out a country pub with a difference. Mel checks out the Sydney International Boat Show. Lizzy goes wild at Taronga Western Plains Zoo. Starring:ERICA DAVIS,LIZZY LOVETTE,SALLY STANTON,MEL SYMONS,MIKE WHITNEY | **G**  +7SWE25-023+ |

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| 06:30 | **Around The World With Manu: UK (R)**  With some rare spare time on his hands, Manu Feildel decides to follow his dream of circumnavigating the world, on AUS$20,000 in 30 days. Can he do it? | **PG**  +AWWM01-001+ |

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| 07:30 | **Rachael Ray's Week In A Day: Prepare Yourself (R)**  Use one recipe to get a head start on a week's worth of food. | **PG**  +WIAD03-002+ |

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| 08:30 | **Giada At Home: Springtime Celebrations (R)**  Giada De Laurentiis creates a springtime feast to celebrate the season with family and friends. | **PG**  +GIHO08-008+ |

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| 09:00 | **Throwdown With Bobby Flay: Grinders (R)**  Peter McAndrews puts his famous "Paesano" grinder up against Bobby Flay in a 15-round championship throwdown. Will Bobby's Italian grinder go the distance? | **PG**  +TWBF09-007+ |

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| 09:30 | **Iron Chef America: Flay vs. Hastings (R)**  Iron Chef Bobby Flay faces off against Challenger Chris Hastings. | **PG**  +ICAM10-004+ |

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| 10:30 | **Iron Chef America: Symon vs. Izard (R)**  Iron Chef Michael Symon faces off against the challenger, Chicago chef Stephanie Izard. | **PG**  +ICAM10-005+ |

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| 11:30 | **Guy's Grocery Games: Full-On Fried (R)**  Four fried-food fanatics enter Flavortown to take on Guy Fieri's deep-fried games. | **PG**  +GUGG16-002+ |

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| 12:30 | **Around The World With Manu: UK (R)**  With some rare spare time on his hands, Manu Feildel decides to follow his dream of circumnavigating the world, on AUS$20,000 in 30 days. Can he do it? | **PG**  +AWWM01-001+ |

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| 13:30 | **Giada At Home: Springtime Celebrations (R)**  Giada De Laurentiis creates a springtime feast to celebrate the season with family and friends. | **PG**  +GIHO08-008+ |

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| 14:00 | **Ten Dollar Dinners: Chicken Italiano (R)**  Melissa d'Arabian cooks up restaurant-worthy Italian-American recipes with an eye toward her budget. | **PG**  +TEDD07-011+ |

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| 14:30 | **Rachael Ray's Week In A Day: Prepare Yourself (R)**  Use one recipe to get a head start on a week's worth of food. | **PG**  +WIAD03-002+ |

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| 15:30 | **Throwdown With Bobby Flay: Grinders (R)**  Peter McAndrews puts his famous "Paesano" grinder up against Bobby Flay in a 15-round championship throwdown. Will Bobby's Italian grinder go the distance? | **PG**  +TWBF09-007+ |

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| 16:00 | **Iron Chef America: Flay vs. Hastings (R)**  Iron Chef Bobby Flay faces off against Challenger Chris Hastings. | **PG**  +ICAM10-004+ |

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| 17:00 | **Iron Chef America: Symon vs. Izard (R)**  Iron Chef Michael Symon faces off against the challenger, Chicago chef Stephanie Izard. | **PG**  +ICAM10-005+ |

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| 18:00 | **Kid's Baking Championship: Doughnuts Go Nuts (R)**  Valerie Bertinelli and Duff Goldman shake things up by asking the eight kid bakers to work in teams to create two different types of doughnuts that come together in one unified doughnut design. | **PG**  +KBAC04-005+ |

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

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| 19:30 | **Cake Wars: Happy Feet (R) NEW EPISODE**  Put on your dancing shoes and start tapping your toes as Cake Wars celebrates the animated film Happy Feet. | **PG**  +CAKW04-011+ |

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| 20:30 | **Sweet Genius: Disco Genius NEW EPISODE**  TBC | **PG**  +SWEG01-001+ |

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| 21:30 | **Cupcake Wars: Cupcake Champions: Madagascar 3 NEW EPISODE**  Four former champions are going Hollywood for this episode of Cupcake Wars. They will be competing against each other for the chance to have their cupcakes featured at a special VIP party. | **PG**  +CUPW06-002+ |

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| 22:30 | **Ridiculous Cakes: Cake Overboard! (R)**  While one cake artist makes an unusual wedding cake that is shipshape, literally, a cake for a stylish client could be a fashion faux pas. | **PG**  +RICA02-011+ |

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| 23:00 | **Cake Wars: Happy Feet (R)**  Put on your dancing shoes and start tapping your toes as Cake Wars celebrates the animated film Happy Feet. | **PG**  +CAKW04-011+ |

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| 00:00 | **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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| 00:30 | **Sydney Weekender (R) ’CC’**  Mike explores the Blue Mountains with Vintage Cadillacs. Matt gets boat buying advice at the Sydney International Boat Show. Teigan visits Tathra on the NSW Far South Coast. Starring:ERICA DAVIS,SALLY STANTON,MIKE WHITNEY,TEIGAN NASH,MATT BASELEY | **G**  +7SWE25-024+ |

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| 01:00 | **The Great Day Out (R) ’CC’**  Billy spins out on the Sunshine Coast, GREECE is the word for Alastair, Jess visits a plant-based marketplace and Sofie is in Toowoomba in the lead up to the Carnival of Flowers. | **G**  +GDOT18-028+ |

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| 01:30 | **Creek To Coast (R) ’CC’**  Roger, Chris and hundreds of caravans, what could go wrong? Liz has all the action from the Quiksilver and Roxy Pro. Meanwhile the boys have their toys and it's mackerel mayhem. | **G**  +7CTC18-006+ |

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| 02:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-032+ |

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| 02:30 | **Home In WA**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-010+ |

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| 03:00 | **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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| 03:30 | **Adam's Pasta Pilgrimage: Puglia (R) ’CC’**  Australian chef Adam Swanson explores the origins of Italy's most famous food: pasta - where it came from, how it got to Italy, and how different regions have made this Italian staple their own. | **G**  +APAP01-007+ |

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| 04:00 | **Sydney Weekender (R) ’CC’**  Mike explores the Blue Mountains with Vintage Cadillacs. Matt gets boat buying advice at the Sydney International Boat Show. Teigan visits Tathra on the NSW Far South Coast. Starring:ERICA DAVIS,SALLY STANTON,MIKE WHITNEY,TEIGAN NASH,MATT BASELEY | **G**  +7SWE25-024+ |

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| 05:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-032+ |

**Monday 11 February 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike explores the Blue Mountains with Vintage Cadillacs. Matt gets boat buying advice at the Sydney International Boat Show. Teigan visits Tathra on the NSW Far South Coast. Starring:ERICA DAVIS,SALLY STANTON,MIKE WHITNEY,TEIGAN NASH,MATT BASELEY | **G**  +7SWE25-024+ |

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| 06:30 | **The Great Day Out (R) ’CC’**  Damien is on board the Priscilla bus, Jess is at a free gig in the city Botanic Gardens and Sofie is on the hunt for Brisbane's best steak. | **G**  +GDOT18-027+ |

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| 07:00 | **Sweet Genius: Disco Genius (R)**  TBC | **PG**  +SWEG01-001+ |

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| 08:00 | **Cupcake Wars: Cupcake Champions: Madagascar 3 (R)**  Four former champions are going Hollywood for this episode of Cupcake Wars. They will be competing against each other for the chance to have their cupcakes featured at a special VIP party. | **PG**  +CUPW06-002+ |

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| 09:00 | **Kid's Baking Championship: Doughnuts Go Nuts (R)**  Valerie Bertinelli and Duff Goldman shake things up by asking the eight kid bakers to work in teams to create two different types of doughnuts that come together in one unified doughnut design. | **PG**  +KBAC04-005+ |

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| 10:00 | **TBA:**  TBC | ++ |

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| 11:00 | **TBA:**  TBC | ++ |

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| 12:00 | **Kid's Baking Championship: Doughnuts Go Nuts (R)**  Valerie Bertinelli and Duff Goldman shake things up by asking the eight kid bakers to work in teams to create two different types of doughnuts that come together in one unified doughnut design. | **PG**  +KBAC04-005+ |

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| 13:00 | **Cake Wars: Happy Feet (R)**  Put on your dancing shoes and start tapping your toes as Cake Wars celebrates the animated film Happy Feet. | **PG**  +CAKW04-011+ |

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| 14:00 | **Ridiculous Cakes: Cake Overboard! (R)**  While one cake artist makes an unusual wedding cake that is shipshape, literally, a cake for a stylish client could be a fashion faux pas. | **PG**  +RICA02-011+ |

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| 14:30 | **The Kitchen: Fall Brunch Strikes Back (R)**  Grab a mimosa and get ready to enjoy another fall brunch show packed with recipes like Sunny Anderson's Funky Monkey Bread Pudding. | **PG**  +TKIT14-013+ |

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| 15:30 | **The Pioneer Woman: Christmas Goodies (R)**  It's just a few days before Christmas, and Ree Drummond is making a slew of Christmas goodies as gifts. | **PG**  +PIWO12-003+ |

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| 16:00 | **Giada At Home: Starry, Starry Night (R)**  Giada De Laurentiis hosts a star-themed cocktail part. The menu includes small bites like Crispy Bacon-Wrapped Dates with Lemon Basil Crema, and Crostini with Ricotta and Pink Peppercorns. | **PG**  +GIHO08-009+ |

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| 16:30 | **Sweet Genius: Disco Genius (R)**  TBC | **PG**  +SWEG01-001+ |

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| 17:30 | **Cupcake Wars: Cupcake Champions: Madagascar 3 (R)**  Four former champions are going Hollywood for this episode of Cupcake Wars. They will be competing against each other for the chance to have their cupcakes featured at a special VIP party. | **PG**  +CUPW06-002+ |

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| 18:30 | **Chopped: Sweet Heat NEW EPISODE**  Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG**  +CHPD31-018+ |

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| 19:30 | **Kid's Baking Championship: Unicornucopia NEW EPISODE**  Duff Goldman and Valerie Bertinelli challenge the eight kid bakers to use their imaginations to create a unicorn cake that illustrates a specific emotion. | **PG**  +KBAC04-006+ |

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| 20:30 | **Spring Baking Championship (R)**  It's time for the country's top bakers to take on springtime treats as they enter the kitchen to show off their superb baking skills. | **PG**  +SPBC03-005+ |

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| 22:30 | **Kid's Baking Championship: Unicornucopia (R)**  Duff Goldman and Valerie Bertinelli challenge the eight kid bakers to use their imaginations to create a unicorn cake that illustrates a specific emotion. | **PG**  +KBAC04-006+ |

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| 23:30 | **Chopped: Sweet Heat (R)**  Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG**  +CHPD31-018+ |

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| 00:30 | **Sydney Weekender (R) ’CC’**  Mike checks out the Sydney International Boat Show. Rose heads on a guided tour with Ballina Kayaks. Fliss visits the Avoca Surf Club. Candice has lunch in Kiama. Starring:CANDICE DIXON,FELICITY URQUHART,ROSE JACOBS,MIKE WHITNEY | **G**  +7SWE25-025+ |

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| 01:00 | **The Great Day Out (R) ’CC’**  Alastair is celebrating seafood in the river city, Tamsyn is previewing the Gold Coast's SWELL Sculpture Festival and country boy Adam Brand shares his Great Day Out. | **G**  +GDOT18-029+ |

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| 01:30 | **Creek To Coast (R) ’CC’**  Meet our new presenter Olivia, Andrew is on the hunt for mackerel, Roger gets out of a sticky situation and Scotty is on the Boyne River. | **G**  +7CTC18-007+ |

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| 02:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-033+ |

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| 02:30 | **Home In WA**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-011+ |

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| 03:00 | **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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| 03:30 | **Sydney Weekender (R) ’CC’**  Mike checks out the Sydney International Boat Show. Rose heads on a guided tour with Ballina Kayaks. Fliss visits the Avoca Surf Club. Candice has lunch in Kiama. Starring:CANDICE DIXON,FELICITY URQUHART,MIKE WHITNEY,ROSE JACOBS | **G**  +7SWE25-025+ |

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| 04:00 | **The Great Day Out (R) ’CC’**  Alastair is celebrating seafood in the river city, Tamsyn is previewing the Gold Coast's SWELL Sculpture Festival and country boy Adam Brand shares his Great Day Out. | **G**  +GDOT18-029+ |

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| 04:30 | **Creek To Coast (R) ’CC’**  Meet our new presenter Olivia, Andrew is on the hunt for mackerel, Roger gets out of a sticky situation and Scotty is on the Boyne River. | **G**  +7CTC18-007+ |

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| 05:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-033+ |

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| 05:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-011+ |

**Tuesday 12 February 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike checks out the Sydney International Boat Show. Rose heads on a guided tour with Ballina Kayaks. Fliss visits the Avoca Surf Club. Candice has lunch in Kiama. Starring:CANDICE DIXON,FELICITY URQUHART,ROSE JACOBS,MIKE WHITNEY | **G**  +7SWE25-025+ |

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| 06:30 | **The Pioneer Woman: Christmas Goodies (R)**  It's just a few days before Christmas, and Ree Drummond is making a slew of Christmas goodies as gifts. | **PG**  +PIWO12-003+ |

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| 07:00 | **Giada At Home: Starry, Starry Night (R)**  Giada De Laurentiis hosts a star-themed cocktail part. The menu includes small bites like Crispy Bacon-Wrapped Dates with Lemon Basil Crema, and Crostini with Ricotta and Pink Peppercorns. | **PG**  +GIHO08-009+ |

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| 07:30 | **The Kitchen: Fall Brunch Strikes Back (R)**  Grab a mimosa and get ready to enjoy another fall brunch show packed with recipes like Sunny Anderson's Funky Monkey Bread Pudding. | **PG**  +TKIT14-013+ |

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| 08:30 | **Spring Baking Championship (R)**  It's time for the country's top bakers to take on springtime treats as they enter the kitchen to show off their superb baking skills. | **PG**  +SPBC03-005+ |

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| 10:00 | **TBA:**  TBC | ++ |

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| 13:30 | **Chopped: Sweet Heat (R)**  Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG**  +CHPD31-018+ |

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| 14:30 | **The Kitchen: Spooky Surprises (R)**  The Kitchen is serving up some tricks and even better treats for Halloween with Jeff Mauro's Monster Mac and Cheese and Katie Lee's Butternut Squash Soup. | **PG**  +TKIT15-001+ |

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| 15:30 | **The Pioneer Woman: Anniversary (R)**  It's Ree Drummond and her husband Ladd's anniversary, so to celebrate she's cooking a meal for the whole family. | **PG**  +PIWO12-004+ |

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| 16:00 | **Giada At Home: The Steak House (R)**  Giada De Laurentiis visits the Belcampo Meat Company in L.A.'s Grand Central Market to learn about different cuts of meat. | **PG**  +GIHO08-010+ |

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| 16:30 | **Kid's Baking Championship: Unicornucopia (R)**  Duff Goldman and Valerie Bertinelli challenge the eight kid bakers to use their imaginations to create a unicorn cake that illustrates a specific emotion. | **PG**  +KBAC04-006+ |

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| 17:30 | **TBA:**  TBC | ++ |

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| 18:30 | **Chopped: Basket Buzz NEW EPISODE**  Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG**  +CHPD31-019+ |

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| 19:30 | **Mystery Diners: Missing Links (R)**  When a restaurant owner suspects employees of not doing their jobs - whether it be stealing, lying, mistreating customers or generally doing lousy work - they call in the Mystery Diners. | **PG (L,A)**  +MYSD10-008+ |

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| 20:00 | **Mystery Diners: History Mystery (R)**  When a restaurant owner suspects employees of not doing their jobs - whether it be stealing, lying, mistreating customers or generally doing lousy work - they call in the Mystery Diners. | **PG (L,A)**  +MYSD10-009+ |

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| 20:30 | **Restaurant: Impossible: Unfixable Family NEW EPISODE**  Chef Robert Irvine may have met his match when he encounters the volatile owners of Mike LaSusa's Italian Restaurant in Oak Creek, Wis. | **PG**  +RIMP07-008+ |

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| 21:30 | **Restaurant: Impossible: Goombazz Gone Wild NEW EPISODE**  Sal and Brenda's one-year old restaurant, Goombazz Big City Eatzz, has struggled to find a strong customer base and is now more than $300,000 in debt. | **PG**  +RIMP07-009+ |

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| 00:30 | **Sydney Weekender (R) ’CC’**  Mike jumps aboard a FantaSea Whale Watching Cruise. Candice donates her weekend to helping out at the Sydney Dogs and Cats Home. Pete gives a behind the scenes look at D-Max Precision Driving. Starring:CANDICE DIXON,ERICA DAVIS,LIZZY LOVETTE,PETE WELLS,MIKE WHITNEY | **G**  +7SWE25-026+ |

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| 01:00 | **The Great Day Out (R) ’CC’**  Jess discovers what's happening on the Gold Coast these school holidays. Alastair's on a south east QLD food trail while Sofie is at a beautiful country retreat west of Brisbane. | **G**  +GDOT18-030+ |

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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 | **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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| 02:30 | **Home In WA**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-012+ |

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| 03:00 | **Queensland Weekender (R) ’CC’**  Duane is on a north Queensland mountain bike challenge, Kip is on a Man vs. Pancake challenge and Bridget discovers a secret on the Great Barrier Reef. | **G**  +7QWE18-033+ |

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| 03:30 | **Sydney Weekender (R) ’CC’**  Mike jumps aboard a FantaSea Whale Watching Cruise. Candice donates her weekend to helping out at the Sydney Dogs and Cats Home. Pete gives a behind the scenes look at D-Max Precision Driving. Starring:CANDICE DIXON,ERICA DAVIS,LIZZY LOVETTE,PETE WELLS,MIKE WHITNEY | **G**  +7SWE25-026+ |

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| 04:00 | **The Great Day Out (R) ’CC’**  Jess discovers what's happening on the Gold Coast these school holidays. Alastair's on a south east QLD food trail while Sofie is at a beautiful country retreat west of Brisbane. | **G**  +GDOT18-030+ |

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| 04:30 | **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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| 05:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-034+ |

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| 05:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-012+ |

**Wednesday 13 February 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike jumps aboard a FantaSea Whale Watching Cruise. Candice donates her weekend to helping out at the Sydney Dogs and Cats Home. Pete gives a behind the scenes look at D-Max Precision Driving. Starring:CANDICE DIXON,ERICA DAVIS,LIZZY LOVETTE,PETE WELLS,MIKE WHITNEY | **G**  +7SWE25-026+ |

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| 06:30 | **The Pioneer Woman: Anniversary (R)**  It's Ree Drummond and her husband Ladd's anniversary, so to celebrate she's cooking a meal for the whole family. | **PG**  +PIWO12-004+ |

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| 07:00 | **Giada At Home: The Steak House (R)**  Giada De Laurentiis visits the Belcampo Meat Company in L.A.'s Grand Central Market to learn about different cuts of meat. | **PG**  +GIHO08-010+ |

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| 07:30 | **The Kitchen: Spooky Surprises (R)**  The Kitchen is serving up some tricks and even better treats for Halloween with Jeff Mauro's Monster Mac and Cheese and Katie Lee's Butternut Squash Soup. | **PG**  +TKIT15-001+ |

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| 08:30 | **Restaurant: Impossible: Unfixable Family (R)**  Chef Robert Irvine may have met his match when he encounters the volatile owners of Mike LaSusa's Italian Restaurant in Oak Creek, Wis. | **PG**  +RIMP07-008+ |

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| 09:30 | **The Pioneer Woman: Anniversary (R)**  It's Ree Drummond and her husband Ladd's anniversary, so to celebrate she's cooking a meal for the whole family. | **PG**  +PIWO12-004+ |

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| 10:00 | **TBA:**  TBC | ++ |

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| 11:00 | **TBA:**  TBC | ++ |

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| 12:00 | **Mystery Diners: Missing Links (R)**  When a restaurant owner suspects employees of not doing their jobs - whether it be stealing, lying, mistreating customers or generally doing lousy work - they call in the Mystery Diners. | **PG (L,A)**  +MYSD10-008+ |

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| 12:30 | **Mystery Diners: History Mystery (R)**  When a restaurant owner suspects employees of not doing their jobs - whether it be stealing, lying, mistreating customers or generally doing lousy work - they call in the Mystery Diners. | **PG (L,A)**  +MYSD10-009+ |

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| 13:00 | **Giada At Home: The Steak House (R)**  Giada De Laurentiis visits the Belcampo Meat Company in L.A.'s Grand Central Market to learn about different cuts of meat. | **PG**  +GIHO08-010+ |

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| 13:30 | **Chopped: Basket Buzz (R)**  Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG**  +CHPD31-019+ |

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| 14:30 | **The Kitchen: Feast Of Fall Flavor (R)**  The Kitchen is getting into the autumn spirit with a feast full of fall flavors. Katie Lee whips up comforting Creamy Chicken and Dumplings. | **PG**  +TKIT15-002+ |

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| 15:30 | **The Pioneer Woman: Meatless Marvels (R)**  Ree Drummond has stocked her kitchen with all the ingredients to make some of her favourite meatless meals. | **PG**  +PIWO12-005+ |

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| 16:00 | **Giada At Home: Friends For Lunch (R)**  Giada De Laurentiis's daughter, Jade, has invited some friends over for an after-school lunch, so Giada is whipping up a fun kid-friendly menu. | **PG**  +GIHO08-011+ |

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| 16:30 | **Restaurant: Impossible: Unfixable Family (R)**  Chef Robert Irvine may have met his match when he encounters the volatile owners of Mike LaSusa's Italian Restaurant in Oak Creek, Wis. | **PG**  +RIMP07-008+ |

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| 17:30 | **Restaurant: Impossible: Goombazz Gone Wild (R)**  Sal and Brenda's one-year old restaurant, Goombazz Big City Eatzz, has struggled to find a strong customer base and is now more than $300,000 in debt. | **PG**  +RIMP07-009+ |

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| 18:30 | **Chopped: Wild Times NEW EPISODE**  Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG**  +CHPD31-020+ |

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| 19:30 | **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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| 20:30 | **Ramsay's Kitchen Nightmares USA: Return To Amy's Baking Company ’CC’ NEW EPISODE**  Gordon catches up with the most talked-about restaurant in the series' history. Find out what has happened with Amy and Samy in the past year since the original episode aired. | **MA (L)**  +KNUS07-001+ |

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| 21:30 | **Ramsay's Kitchen Nightmares USA: Pantaleone's (R) ’CC’**  Chef Ramsay heads to Denver, CO, where he meets a restaurant owner who is truly stuck in the past. | **M (L)**  +KNUS07-002+ |

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| 22:30 | **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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| 23:30 | **Chopped: Wild Times (R)**  Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG**  +CHPD31-020+ |

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| 00:30 | **Sydney Weekender (R) ’CC’**  Mike heads to Maitland, checking out its rich history and The Regents Park Mansion Retreat. Jack relives his childhood at Cirque Electriq. Lizzy goes on an outback weekender in Broken Hill. Starring:JACK YABSLEY,ERICA DAVIS,LIZZY LOVETTE,MIKE WHITNEY,MATT BASELEY | **G**  +7SWE25-027+ |

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| 01:00 | **The Great Day Out (R) ’CC’**  Billy is at a fabulous free event that you may not have heard of, The Sound Society. Brisbane Heat batsman Sam Heazlett shares his Great Day Out while Sofie is on beautiful Kingfisher Island. | **G**  +GDOT18-031+ |

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

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

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| 04:00 | **The Great Day Out (R) ’CC’**  Billy is at a fabulous free event that you may not have heard of, The Sound Society. Brisbane Heat batsman Sam Heazlett shares his Great Day Out while Sofie is on beautiful Kingfisher Island. | **G**  +GDOT18-031+ |

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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 | **SA Weekender ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-035+ |

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| 05:30 | **Home In WA**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-013+ |

**Thursday 14 February 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike heads to Maitland, checking out its rich history and The Regents Park Mansion Retreat. Jack relives his childhood at Cirque Electriq. Lizzy goes on an outback weekender in Broken Hill. Starring:JACK YABSLEY,ERICA DAVIS,LIZZY LOVETTE,MIKE WHITNEY,MATT BASELEY | **G**  +7SWE25-027+ |

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| 06:30 | **The Pioneer Woman: Meatless Marvels (R)**  Ree Drummond has stocked her kitchen with all the ingredients to make some of her favourite meatless meals. | **PG**  +PIWO12-005+ |

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| 07:00 | **Giada At Home: Friends For Lunch (R)**  Giada De Laurentiis's daughter, Jade, has invited some friends over for an after-school lunch, so Giada is whipping up a fun kid-friendly menu. | **PG**  +GIHO08-011+ |

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| 07:30 | **The Kitchen: Feast Of Fall Flavor (R)**  The Kitchen is getting into the autumn spirit with a feast full of fall flavors. Katie Lee whips up comforting Creamy Chicken and Dumplings. | **PG**  +TKIT15-002+ |

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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 | **The Pioneer Woman: Meatless Marvels (R)**  Ree Drummond has stocked her kitchen with all the ingredients to make some of her favourite meatless meals. | **PG**  +PIWO12-005+ |

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| 10:00 | **TBA:**  TBC | ++ |

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| 11:00 | **TBA:**  TBC | ++ |

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| 12:00 | **Guy's Grocery Games: Full-On Fried (R)**  Four fried-food fanatics enter Flavortown to take on Guy Fieri's deep-fried games. | **PG**  +GUGG16-002+ |

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| 13:00 | **Giada At Home: Friends For Lunch (R)**  Giada De Laurentiis's daughter, Jade, has invited some friends over for an after-school lunch, so Giada is whipping up a fun kid-friendly menu. | **PG**  +GIHO08-011+ |

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| 13:30 | **Chopped: Wild Times (R)**  Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG**  +CHPD31-020+ |

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| 14:30 | **The Kitchen: Our Best Fall Finds (R)**  The Kitchen is sharing a love for autumn with new and creative recipes like Sunny Anderson's secret ingredient Red Eye Beef Stew and Geoffrey Zakarian's Thai Fried Riced Cauliflower. | **PG**  +TKIT15-003+ |

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| 15:30 | **The Pioneer Woman: Hay Day (R)**  It's high summer and Ree Drummond's family has got a long, sweltering afternoon of hauling hay at her brother-in-law's house. | **PG**  +PIWO12-006+ |

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| 16:00 | **Giada At Home: 15-Minute Pastas (R)**  It's a busy weeknight and you want to get a great dinner on the table fast. Giada De Laurentiis shows us how to make four pasta dishes that can all be accomplished in 15 minutes. | **PG**  +GIHO08-012+ |

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| 16:30 | **Guy's Grocery Games: Full-On Fried (R)**  Four fried-food fanatics enter Flavortown to take on Guy Fieri's deep-fried games. | **PG**  +GUGG16-002+ |

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| 17:30 | **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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| 18:30 | **Chopped: Fried Chicken Time NEW EPISODE**  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 | **Ramsay's Hotel Hell: The Roosevelt (R) ’CC’**  Ramsay checks into the Roosevelt Hotel, where the owner is more interested in dressing up like Sherlock Holmes for murder mystery nights than he is in updating the hotel's musty décor. Starring:GORDON RAMSAY | **M (L)**  +HELL01-006+ |

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

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| 21:30 | **Ramsay's Kitchen Nightmares: The Fenwick Arms (R) ’CC’**  Gordon tackles The Fenwick Arms pub in rural Lancashire. The pub is run by a landlord who, after thirty years in the business and a quadruple heart-bypass, still puts in 120 hours a week. | **MA (L)**  +RAKN03-002+ |

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| 22:30 | **Ramsay's Hotel Hell: The Roosevelt (R) ’CC’**  Ramsay checks into the Roosevelt Hotel, where the owner is more interested in dressing up like Sherlock Holmes for murder mystery nights than he is in updating the hotel's musty décor. Starring:GORDON RAMSAY | **M (L)**  +HELL01-006+ |

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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 | **Sydney Weekender (R) ’CC’**  Mike checks out the NIDA Open school holiday workshop for kids. Cameron Daddo shows off his favourite places in the Northern Beaches. Sally takes to two wheels at Steps Mountain Bike Park. Starring:BECK STEVENS,CAMERON DADDO,JACK YABSLEY,ERICA DAVIS,SALLY STANTON,MIKE WHITNEY | **G**  +7SWE25-028+ |

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| 01:00 | **The Great Day Out (R) ’CC’**  Laurel digs deeper into the story behind the new David Williamson play that is in town. Luke gets creative in Currumbin while Sofie has a few ideas to help you destress on the Sunshine Coast. | **G**  +GDOT18-032+ |

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

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| 02:30 | **Home In WA**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-014+ |

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| 03:00 | **Queensland Weekender (R) ’CC’**  Today on Queensland Weekender it is Tourism Award season and we celebrate the state's best of the best. | **G**  +7QWE18-035+ |

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| 03:30 | **Sydney Weekender (R) ’CC’**  Mike checks out the NIDA Open school holiday workshop for kids. Cameron Daddo shows off his favourite places in the Northern Beaches. Sally takes to two wheels at Steps Mountain Bike Park. Starring:BECK STEVENS,JACK YABSLEY,ERICA DAVIS,SALLY STANTON,MIKE WHITNEY,CAMERON DADDO | **G**  +7SWE25-028+ |

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| 04:00 | **The Great Day Out (R) ’CC’**  Laurel digs deeper into the story behind the new David Williamson play that is in town. Luke gets creative in Currumbin while Sofie has a few ideas to help you destress on the Sunshine Coast. | **G**  +GDOT18-032+ |

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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 | **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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| 05:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-014+ |

**Friday 15 February 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike checks out the NIDA Open school holiday workshop for kids. Cameron Daddo shows off his favourite places in the Northern Beaches. Sally takes to two wheels at Steps Mountain Bike Park. Starring:BECK STEVENS,CAMERON DADDO,JACK YABSLEY,ERICA DAVIS,SALLY STANTON,MIKE WHITNEY | **G**  +7SWE25-028+ |

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| 06:30 | **The Pioneer Woman: Hay Day (R)**  It's high summer and Ree Drummond's family has got a long, sweltering afternoon of hauling hay at her brother-in-law's house. | **PG**  +PIWO12-006+ |

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| 07:00 | **Giada At Home: 15-Minute Pastas (R)**  It's a busy weeknight and you want to get a great dinner on the table fast. Giada De Laurentiis shows us how to make four pasta dishes that can all be accomplished in 15 minutes. | **PG**  +GIHO08-012+ |

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

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| 08:30 | **Guy's Grocery Games: Full-On Fried (R)**  Four fried-food fanatics enter Flavortown to take on Guy Fieri's deep-fried games. | **PG**  +GUGG16-002+ |

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| 09:30 | **The Pioneer Woman: Hay Day (R)**  It's high summer and Ree Drummond's family has got a long, sweltering afternoon of hauling hay at her brother-in-law's house. | **PG**  +PIWO12-006+ |

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| 10:00 | **TBA:**  TBC | ++ |

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| 11:00 | **TBA:**  TBC | ++ |

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

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| 13:00 | **Giada At Home: 15-Minute Pastas (R)**  It's a busy weeknight and you want to get a great dinner on the table fast. Giada De Laurentiis shows us how to make four pasta dishes that can all be accomplished in 15 minutes. | **PG**  +GIHO08-012+ |

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| 13:30 | **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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| 14:30 | **The Kitchen: Just Desserts (R)**  The Kitchen is satisfying every sweet tooth with a show full of holiday desserts, starting with Geoffrey Zakarian's Quick Caramelized Apple Tart. | **PG**  +TKIT15-004+ |

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| 15:30 | **The Pioneer Woman: Simple Meals (R)**  It's all about stunning five ingredient meals, and up first is Ree Drummond's Chicken Fennel Bake. Next, three varieties of sheet pan suppers: Sausage, Spanish Baked Salmon, and Teriyaki Pork. | **PG**  +PIWO12-007+ |

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| 16:00 | **Giada At Home: Raffy's In The House (R)**  Aunt Raffy joins Giada De Laurentiis in the kitchen for a day of fun and laughter while her sister, Eloisa, joins them to try out their family dishes. | **PG**  +GIHO08-013+ |

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| 16:30 | **Better Homes And Gardens (R) ’CC’**  This week, Better Homes celebrates 1000 shows. The team gives an exclusive look at their everyday lives and homes. Karen makes steak with roasted shallots. Graham gives a tour of his home garden. | **G**  +BHAG24-020+ |

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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: Snail Snafus NEW EPISODE**  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 | **Bizarre Foods With Andrew Zimmern: Namibia NEW EPISODE**  Andrew travels to Namibia, a country of astonishing beauty, vanishing cultures, and truly bizarre foods. | **PG (N,A)**  +BIFO04-010+ |

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| 20:30 | **Anthony Bourdain: No Reservations: Baja (R)**  These days Baja can be a dicey destination, but that doesn't mean there isn't great food in this area of the country. Tony crosses the border to visit Tijuana and Baja Norte. | **PG**  +NORE08-008+ |

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| 21:30 | **Cutthroat Kitchen: Sabotage Is Comin' To Town (R)**  Cutthroat Kitchen hands four chefs $25,000 and the opportunity to spend that money on helping themselves or sabotaging their competitors. | **PG**  +CUTK05-006+ |

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| 22:30 | **Bizarre Foods With Andrew Zimmern: Namibia (R)**  Andrew travels to Namibia, a country of astonishing beauty, vanishing cultures, and truly bizarre foods. | **PG (N,A)**  +BIFO04-010+ |

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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 | **Sydney Weekender (R) ’CC’**  Mike flies high with iFly Down Under at Penrith Panthers. Teigan visits the Nepean River. Matt tries axe throwing in Penrith. Starring:ERICA DAVIS,FELICITY URQUHART,MIKE WHITNEY,TEIGAN NASH,MATT BASELEY | **G**  +7SWE25-029+ |

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| 01:00 | **The Great Day Out (R) ’CC’**  Laurel takes a tour that offers a different perspective of Brisbane. Jess is at an adventure lovers playground while Sofie is discovering vegan alternatives in the south east. | **G**  +GDOT18-033+ |

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

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| 02:30 | **Home In WA**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-015+ |

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| 03:00 | **Queensland Weekender (R) ’CC’**  Chris is on a luxury coach tour like no other. From sandstone gorges to reef wonders, it is proof that good times never get old. | **G**  +7QWE18-036+ |

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| 03:30 | **Sydney Weekender (R) ’CC’**  Mike flies high with iFly Down Under at Penrith Panthers. Teigan visits the Nepean River. Matt tries axe throwing in Penrith. Starring:ERICA DAVIS,FELICITY URQUHART,MIKE WHITNEY,TEIGAN NASH,MATT BASELEY | **G**  +7SWE25-029+ |

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| 04:00 | **The Great Day Out (R) ’CC’**  Laurel takes a tour that offers a different perspective of Brisbane. Jess is at an adventure lovers playground while Sofie is discovering vegan alternatives in the south east. | **G**  +GDOT18-033+ |

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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 | **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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| 05:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-015+ |

**Saturday 16 February 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike flies high with iFly Down Under at Penrith Panthers. Teigan visits the Nepean River. Matt tries axe throwing in Penrith. Starring:ERICA DAVIS,FELICITY URQUHART,MIKE WHITNEY,TEIGAN NASH,MATT BASELEY | **G**  +7SWE25-029+ |

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| 06:30 | **The Pioneer Woman: Simple Meals (R)**  It's all about stunning five ingredient meals, and up first is Ree Drummond's Chicken Fennel Bake. Next, three varieties of sheet pan suppers: Sausage, Spanish Baked Salmon, and Teriyaki Pork. | **PG**  +PIWO12-007+ |

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| 07:00 | **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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| 08:00 | **The Kitchen: Just Desserts (R)**  The Kitchen is satisfying every sweet tooth with a show full of holiday desserts, starting with Geoffrey Zakarian's Quick Caramelized Apple Tart. | **PG**  +TKIT15-004+ |

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| 09:00 | **Cutthroat Kitchen: Sabotage Is Comin' To Town (R)**  Cutthroat Kitchen hands four chefs $25,000 and the opportunity to spend that money on helping themselves or sabotaging their competitors. | **PG**  +CUTK05-006+ |

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| 10:00 | **TBA:**  TBC | ++ |

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| 12:00 | **The Pioneer Woman: Simple Meals (R)**  It's all about stunning five ingredient meals, and up first is Ree Drummond's Chicken Fennel Bake. Next, three varieties of sheet pan suppers: Sausage, Spanish Baked Salmon, and Teriyaki Pork. | **PG**  +PIWO12-007+ |

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| 12:30 | **Cutthroat Kitchen: Sabotage Is Comin' To Town (R)**  Cutthroat Kitchen hands four chefs $25,000 and the opportunity to spend that money on helping themselves or sabotaging their competitors. | **PG**  +CUTK05-006+ |

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| 13:30 | **Guy's Grocery Games: GGG Vs. DDD**  Two of Guy Fieri's worlds collide as chefs from both Diners, Drive-ins and Dives and Guy's Grocery Games are pit against each other in some serious culinary combat. | **PG**  +GUGG16-003+ |

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| 14:30 | **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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| 15:30 | **Bizarre Foods With Andrew Zimmern: Namibia (R)**  Andrew travels to Namibia, a country of astonishing beauty, vanishing cultures, and truly bizarre foods. | **PG (N,A)**  +BIFO04-010+ |

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| 16:30 | **Ten Dollar Dinners: Ten Dollar Game Day**  Melissa has a tailgate menu to satisfy the hungry masses without breaking a sweat or breaking the budget. | **PG**  +TEDD07-012+ |

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| 17:00 | **Rachael Ray's Week In A Day: Meatlovers' Lane**  A whole week's worth of meals that no meat lover can resist. | **PG**  +WIAD03-003+ |

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| 18:00 | **Anthony Bourdain: No Reservations: Baja (R)**  These days Baja can be a dicey destination, but that doesn't mean there isn't great food in this area of the country. Tony crosses the border to visit Tijuana and Baja Norte. | **PG**  +NORE08-008+ |

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| 19:00 | **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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| 20:00 | **Iron Chef America: Flay / Valladolid vs. Morimoto / Zimmern NEW EPISODE**  Two Iron Chefs are teamed up with special guests in this battle, using the special ingredient of salmon. | **PG**  +ICAM10-006+ |

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| 21:00 | **Iron Chef America: Symon vs. Nunez NEW EPISODE**  Iron Chef Michael Symon faces off against challenger Jesus Nunez. | **PG**  +ICAM10-007+ |

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| 22:00 | **Throwdown With Bobby Flay: Boston Cream Pie NEW EPISODE**  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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| 22:30 | **Guy's Grocery Games: GGG Vs. DDD (R)**  Two of Guy Fieri's worlds collide as chefs from both Diners, Drive-ins and Dives and Guy's Grocery Games are pit against each other in some serious culinary combat. | **PG**  +GUGG16-003+ |

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| 23:30 | **Ten Dollar Dinners: Ten Dollar Game Day (R)**  Melissa has a tailgate menu to satisfy the hungry masses without breaking a sweat or breaking the budget. | **PG**  +TEDD07-012+ |

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

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| 00:30 | **Sydney Weekender (R) ’CC’**  Mike heads to Milton on the South Coast. Matt joins Merrick Watts for a day at Lake Parramatta. Rose goes to Antarctica. Starring:ERICA DAVIS,LIZZY LOVETTE,ROSE JACOBS,MIKE WHITNEY,MATT BASELEY,MERRICK WATTS | **G**  +7SWE25-030+ |

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| 01:00 | **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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| 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 | **SA Weekender ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-038+ |

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| 02:30 | **Home In WA**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-016+ |

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| 03:00 | **Queensland Weekender (R) ’CC’**  Bridget has found a place where it is Christmas all year round. We chat to Aussie actor and author, William McInnes. While Luke and Cody are heading to an iconic attraction and celebrated festival. | **G**  +7QWE18-037+ |

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| 03:30 | **Sydney Weekender (R) ’CC’**  Mike heads to Milton on the South Coast. Matt joins Merrick Watts for a day at Lake Parramatta. Rose goes to Antarctica. Starring:ERICA DAVIS,LIZZY LOVETTE,ROSE JACOBS,MIKE WHITNEY,MERRICK WATTS,MATT BASELEY | **G**  +7SWE25-030+ |

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| 04:00 | **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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| 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 | **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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| 05:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-016+ |