**Sunday 10 March 2019**

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| 06:00 | **Queensland Weekender (R) ’CC’** Sammie's on a spectacular journey through the state's south-west, from surfing dunes, to desert golf and Outback Olympics. | **G** +7QWE18-013+ |

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| 06:30 | **Sydney Weekender (R) ’CC’** Mike mingles with animals at Taronga Western Plains Zoo in Dubbo. Lizzy checks out Hello Sydney Shopper Hopper. Sophie heads to the Hunter Valley to experience Margan Family Wines. Starring:ERICA DAVIS,LIZZY LOVETTE,MIKE WHITNEY,SOPHIE FALKINER,MATT BASELEY | **G** +7SWE25-003+ |

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| 07:00 | **Guy's Big Bite: Trust Me, Pickle-Fried Chicken (R)** Halloween is all about taking risks, right? Guy Fieri brings the fun to his kitchen by making Fried Chicken with Dill Salt and serving it with a Roasted Brussels Sprouts and Smoked Sweet Potato Salad. | **PG** +GUBB19-011+ |

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| 07:30 | **Guy's Grocery Games: Full Meal Madness (R)** It's a full-on, full meal face-off when Guy Fieri gives the chefs 45 minutes to make three courses in each round. | **PG** +GUGG16-006+ |

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| 08:30 | **Rachael Ray's Week In A Day: Border Bonanza (R)** Get ready for a weeklong fiesta when Rachael shows you how to prepare five straight mouthwatering Tex-Mex meals in a single day. | **PG** +WIAD03-006+ |

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| 09:30 | **Ten Dollar Dinners: Healthy, Wealthy And Wise (R)** Melissa d'Arabian prepares a refreshing Greek-inspired meal that is simple and affordable. Her greek salad with roasted salmon is a meal-worthy version of the satisfying classic. | **PG** +TEDD07-002+ |

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| 10:00 | **Throwdown With Bobby Flay: Fried Green Tomato BLT (R)** Will Bobby Flay's sandwich be built BLT-tough or will it end up a fried green flop? | **PG** +TWBF09-011+ |

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| 10:30 | **Iron Chef America: Forgione Brothers vs. Campanaro Brothers (R)** Two teams of culinary brothers meet in Kitchen Stadium. Iron Chef Marc Forgione teams up with his brother, Bryan, to face off against Challenger Joey Campanaro and his brother Lou.  | **PG** +ICAM10-012+ |

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| 11:30 | **Iron Chef America: Flay vs. Isidori (R)** Iron Chef Bobby Flay faces off against challenger Joe Isadori. | **PG** +ICAM10-013+ |

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| 12:30 | **Rachael Ray's Week In A Day: Border Bonanza (R)** Get ready for a weeklong fiesta when Rachael shows you how to prepare five straight mouthwatering Tex-Mex meals in a single day. | **PG** +WIAD03-006+ |

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| 13:30 | **Guy's Grocery Games: Full Meal Madness (R)** It's a full-on, full meal face-off when Guy Fieri gives the chefs 45 minutes to make three courses in each round. | **PG** +GUGG16-006+ |

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| 14:30 | **Around The World With Manu: Japan (R)** As Manu heads passed the half way mark on his journey around the world, he heads to Tokyo, a city he is keen to dig down into. | **PG** +AWWM01-005+ |

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| 15:30 | **Throwdown With Bobby Flay: Fried Green Tomato BLT (R)** Will Bobby Flay's sandwich be built BLT-tough or will it end up a fried green flop? | **PG** +TWBF09-011+ |

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| 16:00 | **Iron Chef America: Forgione Brothers vs. Campanaro Brothers (R)** Two teams of culinary brothers meet in Kitchen Stadium. Iron Chef Marc Forgione teams up with his brother, Bryan, to face off against Challenger Joey Campanaro and his brother Lou.  | **PG** +ICAM10-012+ |

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| 17:00 | **Iron Chef America: Flay vs. Isidori (R)** Iron Chef Bobby Flay faces off against challenger Joe Isadori. | **PG** +ICAM10-013+ |

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| 18:00 | **Kid's Baking Championship: Sand Castle Sweets (R)** With spring and summer approaching, Valerie Bertinelli and Duff Goldman are reminded of their favorite place to hang out - the beach.  | **PG** +KBAC04-009+ |

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| 19:00 | **Ridiculous Cakes: High Stakes And Tall Cakes (R)** Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG** +RICA01-002+ |

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| 19:30 | **Cake Wars: SpongeBob (R) NEW EPISODE**Get ready for SpongeBob, Gary and tons of underwater fun as four incredible bakers battle to have their amazing cake as the centerpiece of a party celebrating SpongeBob SquarePants. | **PG** +CAKW03-002+ |

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| 20:30 | **Ramsay's Hotel Hell: Hotel Chester (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)**+HELL02-004+ |

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| 21:30 | **Cupcake Wars: Angry Birds NEW EPISODE**Cupcakes will fly as four competitors fight for the chance to have their cupcakes featured at a huge kickoff party for the Angry Birds Space app in Seattle. | **PG** +CUPW06-006+ |

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| 22:30 | **Sweet Genius: Glistening Genius NEW EPISODE**In the second test, are diamonds a chef's best friend? | **PG** +SWEG01-005+ |

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| 23:30 | **Ridiculous Cakes: High Stakes And Tall Cakes (R)** Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG** +RICA01-002+ |

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

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| 00:30 | **Sydney Weekender (R) ’CC’** Mike checks out Montague Island. Teigan goes to Wet 'N' Wild. Jason and Beck eat at Blackwood Pantry in Cronulla. Starring:BECK STEVENS,JASON STEVENS,ERICA DAVIS,ROSE JACOBS,MIKE WHITNEY,TEIGAN NASH | **G** +7SWE25-004+ |

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| 01:00 | **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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| 01:30 | **Creek To Coast (R) ’CC’** Scotty and Olivia are off to Vanuatu for great fishing and great adventures. They fish the crystal blue waters, explore a cultural village and get to know the beautiful people of Vanuatu. | **G** +7CTC18-034+ |

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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** +SAWE18-019+ |

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

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| 03:00 | **Queensland Weekender (R) ’CC’** Chris is in a region that's got it all rainforest, reef, adventure and an island with more white sandy beaches than any in the Whitsundays. | **G** +7QWE18-014+ |

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| 03:30 | **Sydney Weekender (R) ’CC’** Mike checks out Montague Island. Teigan goes to Wet 'N' Wild. Jason and Beck eat at Blackwood Pantry in Cronulla. Starring:BECK STEVENS,JASON STEVENS,ERICA DAVIS,ROSE JACOBS,MIKE WHITNEY,TEIGAN NASH | **G** +7SWE25-004+ |

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| 04:00 | **The Great Day Out (R) ’CC’** Alastair digs deep and meets some passionate Toowoomba farmers. Sofie heads to the Great Barrier Reef. 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)** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-005+ |

 **Monday 11 March 2019**

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| 06:00 | **Queensland Weekender (R) ’CC’** Chris is in a region that's got it all rainforest, reef, adventure and an island with more white sandy beaches than any in the Whitsundays. | **G** +7QWE18-014+ |

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| 06:30 | **Cake Wars: SpongeBob (R)** Get ready for SpongeBob, Gary and tons of underwater fun as four incredible bakers battle to have their amazing cake as the centerpiece of a party celebrating SpongeBob SquarePants. | **PG** +CAKW03-002+ |

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| 07:30 | **Cupcake Wars: Angry Birds (R)** Cupcakes will fly as four competitors fight for the chance to have their cupcakes featured at a huge kickoff party for the Angry Birds Space app in Seattle. | **PG** +CUPW06-006+ |

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| 08:30 | **Sweet Genius: Glistening Genius (R)** In the second test, are diamonds a chef's best friend? | **PG** +SWEG01-005+ |

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| 09:30 | **Cake Wars: SpongeBob (R)** Get ready for SpongeBob, Gary and tons of underwater fun as four incredible bakers battle to have their amazing cake as the centerpiece of a party celebrating SpongeBob SquarePants. | **PG** +CAKW03-002+ |

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| 10:30 | **TBA:** TBC | ++ |

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| 12:00 | **Cupcake Wars: Angry Birds (R)** Cupcakes will fly as four competitors fight for the chance to have their cupcakes featured at a huge kickoff party for the Angry Birds Space app in Seattle. | **PG** +CUPW06-006+ |

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| 13:00 | **Sweet Genius: Glistening Genius (R)** In the second test, are diamonds a chef's best friend? | **PG** +SWEG01-005+ |

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| 14:00 | **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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| 14:30 | **The Kitchen: Fresh New Flavors (R)** Exploring new flavors, starting with Sunny Anderson's Bruschetta Burger and Katie Lee's Barbecue Salmon Cobb Salad. Creating fresh, seasonal dishes is easy with a Field Guide to Greens. | **PG** +TKIT13-007+ |

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| 15:30 | **Guy's Big Bite: Trust Me, Pickle-Fried Chicken (R)** Halloween is all about taking risks, right? Guy Fieri brings the fun to his kitchen by making Fried Chicken with Dill Salt and serving it with a Roasted Brussels Sprouts and Smoked Sweet Potato Salad. | **PG** +GUBB19-011+ |

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| 16:00 | **House Of Wellness (R) ’CC’** Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Rachael Finch, Jo Stanley and Luke Hines. | **PG** +HOWL03-003+ |

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| 17:00 | **Kid's Baking Championship: Sand Castle Sweets (R)** With spring and summer approaching, Valerie Bertinelli and Duff Goldman are reminded of their favorite place to hang out - the beach.  | **PG** +KBAC04-009+ |

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| 18:00 | **Ridiculous Cakes: High Stakes And Tall Cakes (R)** Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG** +RICA01-002+ |

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| 18:30 | **Chopped: Chopped Champions: Battle 5, $50,000 Pay Day NEW EPISODE**It's the $50,000 grand finale and one of the returning champs is destined to win the grand prize and considerable bragging rights! | **PG** +CHPD28-005+ |

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| 19:30 | **Kid's Baking Championship: Cover Story Cakes NEW EPISODE**It's the 10th birthday celebration for Food Network Magazine! It's every baker for themselves as Duff Goldman and Valerie Bertinelli challenge the three finalists to create the birthday cake. | **PG** +KBAC04-010+ |

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| 20:30 | **Spring Baking Championship: Destination Wedding** The remaining bakers start off making hospitality snacks for a destination wedding. Later, cakes inspired by Mexico, Hawaii and Italy determine who wins the $50,000 grand prize. | **PG** +SPBC02-006+ |

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| 21:30 | **Spring Baking Championship: Spring Bounty** Eight of America's best bakers are ready to prove their skills. They'll have to make their best flower-inspired cupcake and impress the judges with an upside-down cake. | **PG** +SPBC01-001+ |

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| 00:30 | **Sydney Weekender (R) ’CC’** Mike checks out the history of Canowindra with Blind Freddy's Bushranger Tours. Lea visits Orange and explores the wineries and cooking schools of the region. Lizzy drives along Fossicker's Way. Starring:ERICA DAVIS,FELICITY URQUHART,LIZZY LOVETTE,LEA WILSON,MIKE WHITNEY | **G** +7SWE25-005+ |

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| 01:00 | **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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| 01:30 | **Creek To Coast (R) ’CC’** Sammie is taking on Moreton Island and if you need some Christmas inspiration, Scotty has some suggestions for you. | **G** +7CTC18-035+ |

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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** +SAWE18-020+ |

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

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| 03:00 | **Queensland Weekender (R) ’CC’** Kip's headed out west for cotton picking season, Lee is enjoying school holiday fun at Kingfisher Bay and Sammie is exploring Brisbane city by bike. | **G** +7QWE18-015+ |

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| 03:30 | **Sydney Weekender (R) ’CC’** Mike checks out the history of Canowindra with Blind Freddy's Bushranger Tours. Lea visits Orange and explores the wineries and cooking schools of the region. Lizzy drives along Fossicker's Way. Starring:ERICA DAVIS,FELICITY URQUHART,LIZZY LOVETTE,LEA WILSON,MIKE WHITNEY | **G** +7SWE25-005+ |

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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** +HIWA21-006+ |

 **Tuesday 12 March 2019**

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| 06:00 | **Queensland Weekender (R) ’CC’** Kip's headed out west for cotton picking season, Lee is enjoying school holiday fun at Kingfisher Bay and Sammie is exploring Brisbane city by bike. | **G** +7QWE18-015+ |

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| 06:30 | **Guy's Big Bite: Trust Me, Pickle-Fried Chicken (R)** Halloween is all about taking risks, right? Guy Fieri brings the fun to his kitchen by making Fried Chicken with Dill Salt and serving it with a Roasted Brussels Sprouts and Smoked Sweet Potato Salad. | **PG** +GUBB19-011+ |

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| 07:00 | **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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| 07:30 | **The Kitchen: Fresh New Flavors (R)** Exploring new flavors, starting with Sunny Anderson's Bruschetta Burger and Katie Lee's Barbecue Salmon Cobb Salad. Creating fresh, seasonal dishes is easy with a Field Guide to Greens. | **PG** +TKIT13-007+ |

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| 08:30 | **Spring Baking Championship: Destination Wedding (R)** The remaining bakers start off making hospitality snacks for a destination wedding. Later, cakes inspired by Mexico, Hawaii and Italy determine who wins the $50,000 grand prize. | **PG** +SPBC02-006+ |

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| 09:30 | **Spring Baking Championship: Spring Bounty (R)** Eight of America's best bakers are ready to prove their skills. They'll have to make their best flower-inspired cupcake and impress the judges with an upside-down cake. | **PG** +SPBC01-001+ |

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| 13:30 | **Chopped: Chopped Champions: Battle 5, $50,000 Pay Day (R)** It's the $50,000 grand finale and one of the returning champs is destined to win the grand prize and considerable bragging rights! | **PG** +CHPD28-005+ |

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| 14:30 | **The Kitchen: Get Your Grill On (R)** The hosts get their grill ready for spring and put some grilling gadgets to the test in a Tool Takedown. Jeff Mauro makes a mouth-watering Grilled Braciole and Marcela makes Grilled Cole Slaw. | **PG** +TKIT13-008+ |

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| 15:30 | **Guy's Big Bite: Home For The Holidays** The holidays are back and no one does it bigger than the Fieri family! This year, Guy's got Rev Run in the kitchen, and they're making showstopping Beef Tenderloin Filets with Habanero Butter. | **PG** +GUBB19-012+ |

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| 16:00 | **Giada At Home: Not Your Grandmother's Tea Party (R)** A modern, laid back spin on what was once a stuffy tradition: Giada De Laurentiis hosts a tea party with a very modern spin. | **PG** +GIHO08-005+ |

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| 16:30 | **Spring Baking Championship: Destination Wedding (R)** The remaining bakers start off making hospitality snacks for a destination wedding. Later, cakes inspired by Mexico, Hawaii and Italy determine who wins the $50,000 grand prize. | **PG** +SPBC02-006+ |

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| 17:30 | **Kid's Baking Championship: Cover Story Cakes (R)** It's the 10th birthday celebration for Food Network Magazine! It's every baker for themselves as Duff Goldman and Valerie Bertinelli challenge the three finalists to create the birthday cake. | **PG** +KBAC04-010+ |

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

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| 19:30 | **Mystery Diners: Very Bad Bosses NEW EPISODE**A waitstaff in California contact Charles to do a reverse sting on their employer, in order to bring their alleged mistreatment to light. | **PG** +MYSD09-003+ |

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| 20:00 | **Mystery Diners: Barrel Of Monkeys NEW EPISODE**Damian, owner of Doffo Winery in Temecula, Calif., contacts Charles Stiles after noticing missing wine barrels. Mystery Diners Jamie and Kendall go undercover to see which employees are responsible. | **PG** +MYSD09-004+ |

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| 20:30 | **Restaurant: Impossible: Creepy In Clearwater** Gus and Evi, the owners of Smitty's Restaurant in Clearwater, Fla., don't just have one problem, they have hundreds problems that only an exterminator can fix. | **PG** +RIMP06-003+ |

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| 21:30 | **Restaurant: Impossible: Drowning In Debt NEW EPISODE**The Mom and Dad's Italian Restaurant in DeFuniak Springs, Fla. refuses to make any changes, despite the ill-prepared food and mounting debt. | **PG** +RIMP06-004+ |

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| 22:30 | **Mystery Diners: Very Bad Bosses (R) NEW EPISODE**A waitstaff in California contact Charles to do a reverse sting on their employer, in order to bring their alleged mistreatment to light. | **PG** +MYSD09-003+ |

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| 00:30 | **Sydney Weekender (R) ’CC’** Mike enjoys the Byron Bay harvest. Daniel tries out archery tag. Jason and Beck explore Hazlehurst Arts Centre. Sally dines out with MKR contestants Olga and Valeria. Starring:BECK STEVENS,DANIEL GIBSON,JASON STEVENS,ERICA DAVIS,SALLY STANTON,MIKE WHITNEY | **G** +7SWE25-006+ |

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| 01:00 | **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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| 01:30 | **Creek To Coast (R) ’CC’** The Creek to Coast team are on an extreme 4WD adventure across Queensland's outback and through the Red Centre of the Northern Territory. | **G** +7CTC18-036+ |

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| 02:00 | **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** +SAWE18-021+ |

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

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| 03:00 | **Queensland Weekender (R) ’CC’** Curtis goes behind bars at the notorious Boggo Road Gaol. Scott Hillier makes a special appearance, introducing us to some of the cute locals that live on Quoin Island. | **G** +7QWE18-016+ |

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| 03:30 | **Sydney Weekender (R) ’CC’** Mike enjoys the Byron Bay harvest. Daniel tries out archery tag. Jason and Beck explore Hazlehurst Arts Centre. Sally dines out with MKR contestants Olga and Valeria. Starring:BECK STEVENS,DANIEL GIBSON,JASON STEVENS,ERICA DAVIS,SALLY STANTON,MIKE WHITNEY | **G** +7SWE25-006+ |

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| 04:00 | **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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| 04:30 | **Creek To Coast (R) ’CC’** The Creek to Coast team are on an extreme 4WD adventure across Queensland's outback and through the Red Centre of the Northern Territory. | **G** +7CTC18-036+ |

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| 05:00 | **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** +SAWE18-021+ |

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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** +HIWA21-007+ |

 **Wednesday 13 March 2019**

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| 06:00 | **Queensland Weekender (R) ’CC’** Curtis goes behind bars at the notorious Boggo Road Gaol. Scott Hillier makes a special appearance, introducing us to some of the cute locals that live on Quoin Island. | **G** +7QWE18-016+ |

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| 06:30 | **Guy's Big Bite: Home For The Holidays (R)** The holidays are back and no one does it bigger than the Fieri family! This year, Guy's got Rev Run in the kitchen, and they're making showstopping Beef Tenderloin Filets with Habanero Butter. | **PG** +GUBB19-012+ |

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| 07:00 | **Giada At Home: Not Your Grandmother's Tea Party (R)** A modern, laid back spin on what was once a stuffy tradition: Giada De Laurentiis hosts a tea party with a very modern spin. | **PG** +GIHO08-005+ |

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| 07:30 | **The Kitchen: Get Your Grill On (R)** The hosts get their grill ready for spring and put some grilling gadgets to the test in a Tool Takedown. Jeff Mauro makes a mouth-watering Grilled Braciole and Marcela makes Grilled Cole Slaw. | **PG** +TKIT13-008+ |

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| 08:30 | **Restaurant: Impossible: Creepy In Clearwater (R)** Gus and Evi, the owners of Smitty's Restaurant in Clearwater, Fla., don't just have one problem, they have hundreds problems that only an exterminator can fix. | **PG** +RIMP06-003+ |

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| 09:30 | **Restaurant: Impossible: Drowning In Debt (R)** The Mom and Dad's Italian Restaurant in DeFuniak Springs, Fla. refuses to make any changes, despite the ill-prepared food and mounting debt. | **PG** +RIMP06-004+ |

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| 10:30 | **TBA:** TBC | ++ |

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| 12:00 | **Giada At Home: Not Your Grandmother's Tea Party (R)** A modern, laid back spin on what was once a stuffy tradition: Giada De Laurentiis hosts a tea party with a very modern spin. | **PG** +GIHO08-005+ |

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| 12:30 | **Restaurant: Impossible: Creepy In Clearwater (R)** Gus and Evi, the owners of Smitty's Restaurant in Clearwater, Fla., don't just have one problem, they have hundreds problems that only an exterminator can fix. | **PG** +RIMP06-003+ |

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| 13:30 | **Chopped: Cinco De Mayo Fiesta (R)** Four cooks are surprised by a Cinco de Mayo theme, and in the first basket, they must grapple with a green pie and a big fish fillet. | **PG** +CHPD28-006+ |

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| 14:30 | **The Kitchen: Serve Up Some Summer (R)** The Kitchen welcomes the flavors of summer. Head outside for the verdict on some of the worst BBQ habits, and learn new ways to keep an outdoor party cool using ice. | **PG** +TKIT13-009+ |

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| 15:30 | **Guy's Big Bite: Old School Remix** Guy Fieri is shaking up comfort food classics, starting with his Andouille Stuffed Brisket Meatloaf and Smashed Fingerlings with BBQ Sauce. To drink, Guy stirs up a Maple Pig Cocktail!  | **PG** +GUBB19-013+ |

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| 16:00 | **Giada At Home: Giada's Tasting Menu (R)** Giada De Laurentiis creates a small plate tasting menu for some of her friends. | **PG** +GIHO08-006+ |

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| 16:30 | **Restaurant: Impossible: Drowning In Debt (R)** The Mom and Dad's Italian Restaurant in DeFuniak Springs, Fla. refuses to make any changes, despite the ill-prepared food and mounting debt. | **PG** +RIMP06-004+ |

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| 17:30 | **Mystery Diners: Very Bad Bosses (R)** A waitstaff in California contact Charles to do a reverse sting on their employer, in order to bring their alleged mistreatment to light. | **PG** +MYSD09-003+ |

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| 18:00 | **Mystery Diners: Barrel Of Monkeys (R)** Damian, owner of Doffo Winery in Temecula, Calif., contacts Charles Stiles after noticing missing wine barrels. Mystery Diners Jamie and Kendall go undercover to see which employees are responsible. | **PG** +MYSD09-004+ |

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

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| 19:30 | **Hairy Bikers' Northern Exposure (R)** The Hairy Bikers are back on the road doing what they love most - biking and cooking. Dave Myers and Si King set off on a proper road-trip, their most ambitious and personal journey yet. | **PG** +HBNE01-003+ |

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| 20:30 | **Ramsay's Kitchen Nightmares USA: Bella Luna (R) ’CC’** Bella Luna's future looks especially grim due to chef Gianfranco's lack of real experience in the kitchen, combined with his mother's refusal to acknowledge the restaurant's flaws. | **M (L)**+KNUS07-009+ |

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| 21:30 | **Ramsay's Kitchen Nightmares USA: Revisted ’CC’** Revisit some of their favorite restaurants including La Galleria 33 in Boston, the Olde Hitching Post, and Prohibition Gastropub. | **M (L)**+KNUS07-010+ |

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| 22:30 | **Ramsay's Hotel Hell: The Cambridge (R) ’CC’** Gordon Ramsay checks into a haunted hotel. Starring:GORDON RAMSAY | **M (L)**+HELL01-001+ |

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

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| 00:30 | **Sydney Weekender (R) ’CC’** Mike tries driving a rally car in Colo. Candice experiences the Sky Zone fun house. Mel checks out Bluesfest in Byron Bay. Matt tries some kid friendly cafes. Starring:CANDICE DIXON,ERICA DAVIS,MEL SYMONS,MIKE WHITNEY,MATT BASELEY | **G** +7SWE25-007+ |

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| 01:00 | **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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| 01:30 | **Creek To Coast (R) ’CC’** The Creek to Coast team continue their epic 4WD adventure across Queensland's outback and through the Red Centre of the Northern Territory. | **G** +7CTC18-037+ |

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| 02:00 | **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's adventure continues on Fraser Island. Victoria experiences island life through the eyes of a traditional owner and Liz is at a farm stay the kids will love. | **G** +7QWE18-017+ |

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| 04:30 | **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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| 05:00 | **Creek To Coast (R) ’CC’** The Creek to Coast team continue their epic 4WD adventure across Queensland's outback and through the Red Centre of the Northern Territory. | **G** +7CTC18-037+ |

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| 05:30 | **Sydney Weekender (R) ’CC’** Mike tries driving a rally car in Colo. Candice experiences the Sky Zone fun house. Mel checks out Bluesfest in Byron Bay. Matt tries some kid friendly cafes. Starring:CANDICE DIXON,ERICA DAVIS,MEL SYMONS,MIKE WHITNEY,MATT BASELEY | **G** +7SWE25-007+ |

 **Thursday 14 March 2019**

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| 06:00 | **Queensland Weekender (R) ’CC’** Luke and Cody's adventure continues on Fraser Island. Victoria experiences island life through the eyes of a traditional owner and Liz is at a farm stay the kids will love. | **G** +7QWE18-017+ |

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| 06:30 | **Guy's Big Bite: Old School Remix (R)** Guy Fieri is shaking up comfort food classics, starting with his Andouille Stuffed Brisket Meatloaf and Smashed Fingerlings with BBQ Sauce. To drink, Guy stirs up a Maple Pig Cocktail!  | **PG** +GUBB19-013+ |

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| 07:00 | **Giada At Home: Giada's Tasting Menu (R)** Giada De Laurentiis creates a small plate tasting menu for some of her friends. | **PG** +GIHO08-006+ |

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| 07:30 | **The Kitchen: Serve Up Some Summer (R)** The Kitchen welcomes the flavors of summer. Head outside for the verdict on some of the worst BBQ habits, and learn new ways to keep an outdoor party cool using ice. | **PG** +TKIT13-009+ |

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| 08:30 | **Rachael Ray's Week In A Day: Get Saucy (R)** Load up with five mouthwatering stews and sauces - everything from barbecue to a killer curry - in one day. | **PG** +WIAD05-001+ |

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| 09:30 | **Guy's Grocery Games: Full Meal Madness (R)** It's a full-on, full meal face-off when Guy Fieri gives the chefs 45 minutes to make three courses in each round. | **PG** +GUGG16-006+ |

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| 10:30 | **TBA:** TBC | ++ |

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| 12:00 | **Giada At Home: Giada's Tasting Menu (R)** Giada De Laurentiis creates a small plate tasting menu for some of her friends. | **PG** +GIHO08-006+ |

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| 12:30 | **Guy's Grocery Games: Full Meal Madness (R)** It's a full-on, full meal face-off when Guy Fieri gives the chefs 45 minutes to make three courses in each round. | **PG** +GUGG16-006+ |

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| 13:30 | **Chopped: San Franchopco (R)** Four chefs from the same city throw down in the Chopped Kitchen to find out who's the best in town! | **PG** +CHPD28-007+ |

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| 14:30 | **The Kitchen: Summer Sides (R)** The Kitchen is serving up summer sides! Sunny Anderson turns dinner favorite steak and potatoes into an Easy T-Bone Steak N' Potato Salad. | **PG** +TKIT13-010+ |

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

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| 16:00 | **Giada At Home: East Meets Italy (R)** In L.A., there are numerous Italian/Asian fusion restaurants with dishes that reflect the dynamic flavours of the east and the west. | **PG** +GIHO08-007+ |

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| 16:30 | **Guy's Grocery Games: Full Meal Madness (R)** It's a full-on, full meal face-off when Guy Fieri gives the chefs 45 minutes to make three courses in each round. | **PG** +GUGG16-006+ |

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| 17:30 | **Rachael Ray's Week In A Day: Get Saucy (R)** Load up with five mouthwatering stews and sauces - everything from barbecue to a killer curry - in one day. | **PG** +WIAD05-001+ |

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

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| 19:30 | **Ramsay's Kitchen Nightmares: Piccolo Teatro (R) ’CC’** Follow chef Gordon Ramsay as he attempts to save failing restaurants. Tonight, Gordon heads to vegetarian restaurant Piccolo Teatro where a lacklustre menu is holding them back. Starring:GORDON RAMSAY | **M (N,L)**+RAKN04-002+ |

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| 20:30 | **Hell's Kitchen USA ’CC’ NEW EPISODE**Aspiring chefs arrive at Hell's Kitchen with the hope and excitement of becoming the next winner of Hell's Kitchen. | **MA (L)**+HEKI10-003+ |

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| 21:30 | **Hell's Kitchen USA ’CC’ NEW EPISODE**Aspiring chefs arrive at Hell's Kitchen with the hope and excitement of becoming the next winner of Hell's Kitchen. | **MA (L)**+HEKI10-004+ |

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| 22:30 | **Ramsay's Kitchen Nightmares: Piccolo Teatro (R) ’CC’** Follow chef Gordon Ramsay as he attempts to save failing restaurants. Tonight, Gordon heads to vegetarian restaurant Piccolo Teatro where a lacklustre menu is holding them back. Starring:GORDON RAMSAY | **M (N,L)**+RAKN04-002+ |

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| 23:30 | **Chopped: Tortellini Trials (R)** It's trying times in the appetizer round when the chefs aren't sure how to creatively use the pasta from the basket. | **PG** +CHPD28-008+ |

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| 00:30 | **Rachael Ray's Week In A Day: Get Saucy (R)** Load up with five mouthwatering stews and sauces - everything from barbecue to a killer curry - in one day. | **PG** +WIAD05-001+ |

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

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| 02:00 | **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** +SAWE18-022+ |

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| 02:30 | **Home In WA (R)** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-008+ |

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| 03:00 | **Queensland Weekender (R) ’CC’** Great Day Out host, Sofie Formica makes a special appearance on Queensland Weekender for an island adventure with unforgettable wildlife encounters. | **G** +7QWE18-018+ |

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| 03:30 | **Sydney Weekender (R) ’CC’** This year Sydney Weekender is turning 25! And to celebrate, Mike is cruising around Sydney Harbour with Barefoot Charters. Erica is cruising down to Melbourne for the race that stops the nation! Starring:ERICA DAVIS,MIKE WHITNEY | **G** +7SWE25-008+ |

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| 04:00 | **The Great Day Out (R) ’CC’** This week, on the Great Day Out, we've got the coasts covered. Curtis McGrath seeks after dark spooky thrills in Surfers Paradise and Nathan Spurling indulges in the Sunny Coast's over-the-top treats. | **G** +GDOT18-013+ |

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

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| 05:00 | **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** +SAWE18-022+ |

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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** +HIWA21-008+ |

 **Friday 15 March 2019**

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| 06:00 | **Queensland Weekender (R) ’CC’** Great Day Out host, Sofie Formica makes a special appearance on Queensland Weekender for an island adventure with unforgettable wildlife encounters. | **G** +7QWE18-018+ |

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| 06:30 | **The Pioneer Woman: Oh, Baby (R)** There's a new baby on the ranch, so Ree Drummond is taking a trip down memory lane and preparing a new-mom care package full of dishes she was given and plenty of pampering goodies. | **PG** +PIWO13-001+ |

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| 07:00 | **Giada At Home: East Meets Italy (R)** In L.A., there are numerous Italian/Asian fusion restaurants with dishes that reflect the dynamic flavours of the east and the west. | **PG** +GIHO08-007+ |

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| 07:30 | **The Kitchen: Summer Sides (R)** The Kitchen is serving up summer sides! Sunny Anderson turns dinner favorite steak and potatoes into an Easy T-Bone Steak N' Potato Salad. | **PG** +TKIT13-010+ |

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| 08:30 | **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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| 09:30 | **Guy's Grocery Games: Clash Of The Classics (R)** Guy Fieri turns back the clocks and throws back to the dishes we all grew up on. | **PG** +GUGG15-004+ |

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| 10:30 | **The Pioneer Woman: Oh, Baby (R)** There's a new baby on the ranch, so Ree Drummond is taking a trip down memory lane and preparing a new-mom care package full of dishes she was given and plenty of pampering goodies. | **PG** +PIWO13-001+ |

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| 11:00 | **The Kitchen: Summer Sides (R)** The Kitchen is serving up summer sides! Sunny Anderson turns dinner favorite steak and potatoes into an Easy T-Bone Steak N' Potato Salad. | **PG** +TKIT13-010+ |

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| 12:00 | **Giada At Home: East Meets Italy (R)** In L.A., there are numerous Italian/Asian fusion restaurants with dishes that reflect the dynamic flavours of the east and the west. | **PG** +GIHO08-007+ |

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| 12:30 | **Guy's Grocery Games: Clash Of The Classics (R)** Guy Fieri turns back the clocks and throws back to the dishes we all grew up on. | **PG** +GUGG15-004+ |

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| 13:30 | **Chopped: Tortellini Trials (R)** It's trying times in the appetizer round when the chefs aren't sure how to creatively use the pasta from the basket. | **PG** +CHPD28-008+ |

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| 14:30 | **The Kitchen: Throw A Party For Your Pop (R)** The Kitchen kicks off Father's Day celebrations with a stack of Marcela Valladolid's Sausage and Bacon Pancakes and a lesson in building a golf course cake with a store-bought cake. | **PG** +TKIT13-011+ |

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| 15:30 | **The Pioneer Woman: A Tale Of Four Lunches (R)** Ree Drummond's whipping up four legendary lunches, from crowd pleasers to solo pleasures. | **PG** +PIWO13-002+ |

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| 16:00 | **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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| 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** +HOWL03-003+ |

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| 17:30 | **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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| 18:30 | **Chopped: Summer Heat NEW EPISODE**For this heated summer battle, the chefs must work with seasonal foods like lobsters and cocktails in the first round. | **PG** +CHPD28-009+ |

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| 19:30 | **Bizarre Foods With Andrew Zimmern: Hong Kong NEW EPISODE**Hong Kong is a food lover's nirvana and the center for Traditional Chinese Medicine. Can Andrew eat his way to good health while feeding his hunger for some of the city's most iconic foods? | **PG (A,V)**+BIFO04-014+ |

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| 20:30 | **Anthony Bourdain: No Reservations: Ozarks (R)** Bourdain explores the Ozark region and samples local specialties, such as raccoon, venison and squirrel potpie. He also goes fishing with Ozark novelist Daniel Woodrell. | **PG** +NORE07-005+ |

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| 21:30 | **Cutthroat Kitchen: Superstar Sabotage: Heat Four NEW EPISODE**Melissa d'Arabian, Elizabeth Falkner, Alex Guarnaschelli, Fabio Viviani deal w/ sabotages that include hitting the slots for ingredients, grating a giant block of cheese and cooking in banana leaves. | **PG** +CUTK05-010+ |

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| 22:30 | **Bizarre Foods With Andrew Zimmern: Hong Kong (R)** Hong Kong is a food lover's nirvana and the center for Traditional Chinese Medicine. Can Andrew eat his way to good health while feeding his hunger for some of the city's most iconic foods? | **PG (A,V)**+BIFO04-014+ |

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

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| 00:30 | **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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| 01:30 | **Creek To Coast (R) ’CC’** Scotty is on the road on a 360-kilometre trip from Brisbane to Bundaberg with few must stop destinations along the way. | **G** +7CTC18-039+ |

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| 02:00 | **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** +SAWE18-023+ |

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| 02:30 | **Home In WA (R)** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-009+ |

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| 03:00 | **Queensland Weekender (R) ’CC’** Sammie rolls up her sleeves at a luxury retreat for foodies, Luke and Cody are on board a train through the rainforest and Curtis experiences what it's like to run away to a tropical island. | **G** +7QWE18-019+ |

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| 03:30 | **Sydney Weekender (R) ’CC’** Mike's cruising the Tweed River in search of lunch! Sally's pulling on her skates and checking out the latest craze to hit the ice - bubble soccer! Starring:SALLY STANTON,MIKE WHITNEY | **G** +7SWE25-009+ |

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| 04:00 | **The Great Day Out (R) ’CC’** This week on The Great Day Out it's all about fabulous scenery, fine food and fascinating people - they're the key ingredients of Scenic Rim Eat Local Week. | **G** +GDOT18-014+ |

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

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| --- | --- | --- |
| 05:00 | **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** +SAWE18-023+ |

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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** +HIWA21-009+ |

 **Saturday 16 March 2019**

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| 06:00 | **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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| 07:00 | **Guy's Grocery Games: Clash Of The Classics (R)** Guy Fieri turns back the clocks and throws back to the dishes we all grew up on. | **PG** +GUGG15-004+ |

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| 08:00 | **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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| 08:30 | **The Pioneer Woman: A Tale Of Four Lunches (R)** Ree Drummond's whipping up four legendary lunches, from crowd pleasers to solo pleasures. | **PG** +PIWO13-002+ |

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| 09:00 | **The Kitchen: Throw A Party For Your Pop (R)** The Kitchen kicks off Father's Day celebrations with a stack of Marcela Valladolid's Sausage and Bacon Pancakes and a lesson in building a golf course cake with a store-bought cake. | **PG** +TKIT13-011+ |

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| 10:00 | **Cutthroat Kitchen: Superstar Sabotage: Heat Four (R)** Melissa d'Arabian, Elizabeth Falkner, Alex Guarnaschelli, Fabio Viviani deal w/ sabotages that include hitting the slots for ingredients, grating a giant block of cheese and cooking in banana leaves. | **PG** +CUTK05-010+ |

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| 11:00 | **The Kitchen: Throw A Party For Your Pop (R)** The Kitchen kicks off Father's Day celebrations with a stack of Marcela Valladolid's Sausage and Bacon Pancakes and a lesson in building a golf course cake with a store-bought cake. | **PG** +TKIT13-011+ |

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| 12:00 | **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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| 12:30 | **The Pioneer Woman: A Tale Of Four Lunches (R)** Ree Drummond's whipping up four legendary lunches, from crowd pleasers to solo pleasures. | **PG** +PIWO13-002+ |

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| 13:00 | **Bizarre Foods With Andrew Zimmern: Hong Kong (R)** Hong Kong is a food lover's nirvana and the center for Traditional Chinese Medicine. Can Andrew eat his way to good health while feeding his hunger for some of the city's most iconic foods? | **PG (A,V)**+BIFO04-014+ |

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| 14:00 | **Chopped: Summer Heat (R)** For this heated summer battle, the chefs must work with seasonal foods like lobsters and cocktails in the first round. | **PG** +CHPD28-009+ |

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| 15:00 | **Cutthroat Kitchen: Superstar Sabotage: Heat Four (R)** Melissa d'Arabian, Elizabeth Falkner, Alex Guarnaschelli, Fabio Viviani deal w/ sabotages that include hitting the slots for ingredients, grating a giant block of cheese and cooking in banana leaves. | **PG** +CUTK05-010+ |

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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 | **Ten Dollar Dinners: Chick, Chick, Ole (R)** Melissa d'Arabian serves up the craveable flavours of restaurant-style fajitas on a budget-friendly bill. | **PG** +TEDD07-003+ |

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| 17:00 | **Rachael Ray's Week In A Day: Fall In Love With Fall** All the autumn flavors you love come together for a week's worth of meals that your whole family will fall for. | **PG** +WIAD03-007+ |

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| 18:00 | **Anthony Bourdain: No Reservations: Ozarks (R)** Bourdain explores the Ozark region and samples local specialties, such as raccoon, venison and squirrel potpie. He also goes fishing with Ozark novelist Daniel Woodrell. | **PG** +NORE07-005+ |

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| 19:00 | **Around The World With Manu: USA (R)** Manu is on the home stretch with just one more country to discover, before making his final journey. | **PG** +AWWM01-006+ |

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| 20:00 | **Iron Chef America: Garces vs. Weitzman NEW EPISODE**Iron Chef Jose Garces faces off against challenger Rebecca Weitzman. | **PG** +ICAM10-014+ |

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| 21:00 | **Iron Chef America: Zakarian vs. Casanova NEW EPISODE**In his debut battle, Iron Chef Geoffrey Zakarian takes on Challenger Chef Victor Casanova. | **PG** +ICAM10-015+ |

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| 22:00 | **Throwdown With Bobby Flay: Baked Alaska NEW EPISODE**After putting his own personal spin on the dish, Saul thinks he is being featured on a show that explains the chemistry of baking frozen parfait when Bobby Flay shows up.  | **PG** +TWBF09-012+ |

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| 22:30 | **Guy's Grocery Games: GGG International All Stars NEW EPISODE**It's an international culinary showdown when four returning GGG chefs representing Latin, French, Italian and Korean cuisines battle it out to see who will take home the title. | **PG** +GUGG16-007+ |

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| 23:30 | **Ten Dollar Dinners: Chick, Chick, Ole (R)** Melissa d'Arabian serves up the craveable flavours of restaurant-style fajitas on a budget-friendly bill. | **PG** +TEDD07-003+ |

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| 00:00 | **Queensland Weekender (R) ’CC’** Victoria is on the ultimate eco experience. | **G** +7QWE18-020+ |

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| 00:30 | **Sydney Weekender (R) ’CC’** Mike gets a sneak peek at Vivid Sydney 2018. Lizzy heads to South West Rocks, soaking up the local history. Luke previews the Caravan Camping Holiday Supershow. Starring:ERICA DAVIS,LUKE CARROLL,LIZZY LOVETTE,MEL SYMONS,MIKE WHITNEY | **G** +7SWE25-010+ |

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| 01:00 | **The Great Day Out (R) ’CC’** Blair uncovers secret museums, Jess explores Ipswich in an unconventional way and Kendall Gilding shares her great day out. | **G** +GDOT18-015+ |

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

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| 02:00 | **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** +SAWE18-024+ |

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| 02:30 | **Home In WA (R)** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-010+ |

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| 03:00 | **Queensland Weekender (R) ’CC’** Victoria is on the ultimate eco experience. | **G** +7QWE18-020+ |

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| 03:30 | **Sydney Weekender (R) ’CC’** Mike gets a sneak peek at Vivid Sydney 2018. Lizzy heads to South West Rocks, soaking up the local history. Luke previews the Caravan Camping Holiday Supershow. Starring:ERICA DAVIS,LUKE CARROLL,LIZZY LOVETTE,MEL SYMONS,MIKE WHITNEY | **G** +7SWE25-010+ |

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| 04:00 | **The Great Day Out (R) ’CC’** Blair uncovers secret museums, Jess explores Ipswich in an unconventional way and Kendall Gilding shares her great day out. | **G** +GDOT18-015+ |

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

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| 05:00 | **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** +SAWE18-024+ |

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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** +HIWA21-010+ |