**Sunday 11 August 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike visits Camden Produce Markets at Camden Town Farm and tries some of the delicious local-grown products. Jase and Beck head there to check out Ultimate Go Karts and the Alan Baker gallery. Starring:BECK STEVENS,JASON STEVENS,ERICA DAVIS,MIKE WHITNEY | **G**  +7SWE25-036+ |

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| 06:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-036+ |

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| 07:00 | **The Grill Dads: Not Your Ordinary Classics (R)**  Classic food with outrageous twists are on the menu as the Grill Dads continue their road trip adventure across America. | **PG**  +GRIL01-004+ |

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| 07:30 | **Comfort Food Tour: Bacon On Top (R)**  What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG**  +CMFT02-004+ |

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| 08:00 | **My France With Manu: Brittany (R) ’CC’**  Manu Feildel takes us home to the French province of Brittany and shares his story. He visits his mother in Guidel, relives his first apprenticeship and cooks with his Uncle at his charcuterie. | **PG**  +MANU-001+ |

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| 09:00 | **Beach Eats USA: Island Bites (R)**  It's island life for Curtis Stone as he hops from California to Georgia to Florida in search of adventure and the most incredible island bites. | **PG**  +BEEA01-004+ |

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| 09:30 | **Iron Chef America: Izard VS. Battes (R)**  Chef Erik Battes - a fruit of Iron Chef Morimoto's culinary tree - applies modern takes to an ancient ingredient in a battle against Iron Chef Stephanie Izard. | **PG**  +ICAM13-002+ |

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| 10:30 | **Iron Chef America: Zakarian VS. Darin (R)**  Chef Fernando Darin was born into an Italian family in the Brazilian countryside and he's bringing his international flair to his culinary contest with Iron Chef Geoffrey Zakarian. | **PG**  +ICAM13-003+ |

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| 11:30 | **Diners, Drive-Ins and Dives: Meat Lover's Paradise (R)**  Guy Fieri's signing up for a meat-crazed master class. | **PG**  +DDID18-002+ |

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| 12:00 | **Diners, Drive-Ins and Dives: Servin' Up San Francisco (R)**  Guy Fieri's cruisin' the San Francisco coast for a diverse culinary road trip. | **PG**  +DDID18-003+ |

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| 12:30 | **My France With Manu: Brittany (R) ’CC’**  Manu Feildel takes us home to the French province of Brittany and shares his story. He visits his mother in Guidel, relives his first apprenticeship and cooks with his Uncle at his charcuterie. | **PG**  +MANU-001+ |

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| 13:30 | **Beach Eats USA: Island Bites (R)**  It's island life for Curtis Stone as he hops from California to Georgia to Florida in search of adventure and the most incredible island bites. | **PG**  +BEEA01-004+ |

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| 14:00 | **The Grill Dads: Not Your Ordinary Classics (R)**  Classic food with outrageous twists are on the menu as the Grill Dads continue their road trip adventure across America. | **PG**  +GRIL01-004+ |

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| 16:00 | **Iron Chef America: Izard VS. Battes (R)**  Chef Erik Battes - a fruit of Iron Chef Morimoto's culinary tree - applies modern takes to an ancient ingredient in a battle against Iron Chef Stephanie Izard. | **PG**  +ICAM13-002+ |

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| 17:00 | **Iron Chef America: Zakarian VS. Darin (R)**  Chef Fernando Darin was born into an Italian family in the Brazilian countryside and he's bringing his international flair to his culinary contest with Iron Chef Geoffrey Zakarian. | **PG**  +ICAM13-003+ |

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| 18:00 | **Kid's Baking Championship: Cake And Ice Cream 2.0 (R)**  Creativity is the name of the game, and Duff Goldman and Valerie Bertinelli have a classic combination in mind - cake and ice cream. | **PG**  +KBAC04-004+ |

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| 19:00 | **Ridiculous Cakes: A Knight's Tale (R)**  One cake artist faces an epic battle to deliver a king-sized cake to Medieval Times. A motorcycle cake actually motors, and an animal sanctuary takes a walk on the sweet side. | **PG**  +RICA02-012+ |

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| 19:30 | **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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| 20:30 | **Ramsay's Hotel Hell: Juniper Hill - Part 1 (R) ’CC’**  Gordon Ramsay checks in to some of America's worst hotels. Starring:GORDON RAMSAY | **M (L)**  +HELL01-004+ |

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| 21:30 | **Cupcake Wars: The Closer 100th Episode**  Four returning bakers who all lost previous Cupcake Wars come back to fight for redemption and a place at the 100th Episode celebration of the hit show "The Closer". | **PG**  +CUPW04-003+ |

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| 22:30 | **Cupcake Wars: Rock And Roll Cupcakes (R)**  The bad boys of Cupcake Wars will return to the kitchen in true rock and roll fashion to compete for the chance to have their cupcakes at a party celebrating the I Heart Radio music festival. | **PG**  +CUPW07-011+ |

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| 23:30 | **Ridiculous Cakes: A Knight's Tale (R)**  One cake artist faces an epic battle to deliver a king-sized cake to Medieval Times. A motorcycle cake actually motors, and an animal sanctuary takes a walk on the sweet side. | **PG**  +RICA02-012+ |

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| 01:00 | **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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| 01:30 | **Creek To Coast (R) ’CC’**  Scott visits the amazing Haggerstone Island and man does he catch fish. | **G**  +7CTC18-001+ |

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| 02:00 | **The Great Day Out (R) ’CC’**  Sofie and her mum are on a tasting safari of Tamborine, Laurel discovers the 'spirits of the land' and Jess is with some life-changing pups. | **G**  +GDOT18-022+ |

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

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike goes to Montague Island. Mel take in The Star Gold Coast Magic Millions races. Sally goes on a burger-eating bonanza at Barre Grill on Bourke Street, Surry Hills. Starring:SALLY STANTON,ROSE KELLY,MEL SYMONS,MIKE WHITNEY | **G**  +7SWE25-044+ |

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| 03:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-006+ |

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| 04:00 | **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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| 05:00 | **The Great Day Out (R) ’CC’**  Sofie and her mum are on a tasting safari of Tamborine, Laurel discovers the 'spirits of the land' and Jess is with some life-changing pups. | **G**  +GDOT18-022+ |

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| 05:30 | **Home In WA (R) ’CC’**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-008+ |

**Monday 12 August 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike goes to Montague Island. Mel take in The Star Gold Coast Magic Millions races. Sally goes on a burger-eating bonanza at Barre Grill on Bourke Street, Surry Hills. Starring:SALLY STANTON,ROSE KELLY,MEL SYMONS,MIKE WHITNEY | **G**  +7SWE25-044+ |

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| 06:30 | **Kid's Baking Championship: Cake And Ice Cream 2.0 (R)**  Creativity is the name of the game, and Duff Goldman and Valerie Bertinelli have a classic combination in mind - cake and ice cream. | **PG**  +KBAC04-004+ |

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| 07:30 | **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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| 08:30 | **Cupcake Wars: The Closer 100th Episode (R)**  Four returning bakers who all lost previous Cupcake Wars come back to fight for redemption and a place at the 100th Episode celebration of the hit show "The Closer". | **PG**  +CUPW04-003+ |

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| 09:30 | **Cupcake Wars: Rock And Roll Cupcakes (R)**  The bad boys of Cupcake Wars will return to the kitchen in true rock and roll fashion to compete for the chance to have their cupcakes at a party celebrating the I Heart Radio music festival. | **PG**  +CUPW07-011+ |

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| 10:30 | **Better Homes And Gardens (R) ’CC’**  Jo visits Australia's Got Talent judge Lucy Durack. Jason and Dr Harry team up to make a bird feeder. Karen makes a blackberry pear loaf. | **G**  +BHAG25-028+ |

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| 12:00 | **Cupcake Wars: The Closer 100th Episode (R)**  Four returning bakers who all lost previous Cupcake Wars come back to fight for redemption and a place at the 100th Episode celebration of the hit show "The Closer". | **PG**  +CUPW04-003+ |

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| 13:00 | **Cupcake Wars: Rock And Roll Cupcakes (R)**  The bad boys of Cupcake Wars will return to the kitchen in true rock and roll fashion to compete for the chance to have their cupcakes at a party celebrating the I Heart Radio music festival. | **PG**  +CUPW07-011+ |

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| 15:00 | **Ridiculous Cakes: A Knight's Tale (R)**  One cake artist faces an epic battle to deliver a king-sized cake to Medieval Times. A motorcycle cake actually motors, and an animal sanctuary takes a walk on the sweet side. | **PG**  +RICA02-012+ |

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| 15:30 | **Baked In Vermont: Campfire Bake (R)**  Gesine Prado is baking over an open flame as she and Ray help move their good friend and park ranger Agnes into her station for the season. | **PG**  +BAVE02-009+ |

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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**  +HOWL03-025+ |

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| 17:00 | **Giada At Home: Giada's L.A. Vacation (R)**  Giada De Laurentiis puts her spin on three dishes from some of Los Angeles's most popular tourist attractions. | **PG**  +GIHO06-017+ |

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| 17:30 | **The Kitchen: Spring Feast (R)**  Spring has sprung, and Marcela Valladolid celebrates by making a Savory Spring Roasted Rack of Lamb. Learn new and natural techniques for decorating Easter eggs and making food-inspired bouquets. | **PG**  +TKIT13-001+ |

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| 18:30 | **Chopped: Chopping Block Blues (R)**  There's eggs in the baskets - Scotch eggs, that is! Will the competitors know what to do with this sausage-enrobed pub food in the appetizer round? | **PG**  +CHPD28-011+ |

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| 19:30 | **Cake Wars: The Knot NEW EPISODE**  A cake for a couple's dream wedding is needed. | **PG**  +CAKW01-003+ |

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| 20:30 | **Hell's Kitchen USA NEW EPISODE**  World renowned chef Gordon Ramsay puts aspiring young chefs through rigorous cooking challenges and dinner services at his restaurant in Hollywood. | **M (L)**  +HEKI14-009+ |

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| 21:30 | **Hell's Kitchen USA NEW EPISODE**  World renowned chef Gordon Ramsay puts aspiring young chefs through rigorous cooking challenges and dinner services at his restaurant in Hollywood. | **M (L)**  +HEKI14-010+ |

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| 22:30 | **Ramsay's Kitchen Nightmares USA: Amy's Baking Co (R) ’CC’**  Chef Ramsay helps a couple navigate through the treacherous waters of customer complaints at Amy's Baking Company in Scottsdale, Arizona. Starring:GORDON RAMSAY | **MA (L)**  +KNUS06-016+ |

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| 23:30 | **Chopped: Chopping Block Blues (R)**  There's eggs in the baskets - Scotch eggs, that is! Will the competitors know what to do with this sausage-enrobed pub food in the appetizer round? | **PG**  +CHPD28-011+ |

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| 00:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-007+ |

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| 01:00 | **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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| 01:30 | **Creek To Coast (R) ’CC’**  Creek to Coast is all things boating, camping, 4WDing, outdoor adventuring and fishing. From bush-bashing to cooking to caravanning to watersports, Creek to Coast has it all. | **G**  +7CTC18-002+ |

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| 02:00 | **The Great Day Out (R) ’CC’**  Laurel is exploring a beautiful hinterland town, Courtney is enjoying a crafternoon, Tamsyn discovers her new favourite sport and Sofie gives us a sneak peek of the EKKA. | **G**  +GDOT18-023+ |

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

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike cruises around Sydney Harbour with Barefoot Charters. Mel heads to Scenic World and stays at the Hydro Majestic in the Blue Mountains. Lizzy heads to the Australian Reptile Park. | **G**  +7SWE25-045+ |

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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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| 05:00 | **The Great Day Out (R) ’CC’**  Laurel is exploring a beautiful hinterland town, Courtney is enjoying a crafternoon, Tamsyn discovers her new favourite sport and Sofie gives us a sneak peek of the EKKA. | **G**  +GDOT18-023+ |

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| 05:30 | **Home In WA (R) ’CC’**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-009+ |

**Tuesday 13 August 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike cruises around Sydney Harbour with Barefoot Charters. Mel heads to Scenic World and stays at the Hydro Majestic in the Blue Mountains. Lizzy heads to the Australian Reptile Park. | **G**  +7SWE25-045+ |

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| 07:00 | **Baked In Vermont: Campfire Bake (R)**  Gesine Prado is baking over an open flame as she and Ray help move their good friend and park ranger Agnes into her station for the season. | **PG**  +BAVE02-009+ |

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| 07:30 | **The Kitchen: Spring Feast (R)**  Spring has sprung, and Marcela Valladolid celebrates by making a Savory Spring Roasted Rack of Lamb. Learn new and natural techniques for decorating Easter eggs and making food-inspired bouquets. | **PG**  +TKIT13-001+ |

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| 08:30 | **My Greek Odyssey (R) ’CC’**  Peter continues his travels in Kythira, hometown of his parents, before moving on to Antikythira. | **PG**  +MYGO01-008+ |

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| 09:30 | **Giada At Home: Giada's L.A. Vacation (R)**  Giada De Laurentiis puts her spin on three dishes from some of Los Angeles's most popular tourist attractions. | **PG**  +GIHO06-017+ |

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| 10:00 | **Baked In Vermont: Campfire Bake (R)**  Gesine Prado is baking over an open flame as she and Ray help move their good friend and park ranger Agnes into her station for the season. | **PG**  +BAVE02-009+ |

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| 10:30 | **Sydney Weekender (R) ’CC’**  Mike tours the Sydney Cricket and Sporting Ground Trust Precinct. Mel goes to Alice Springs to check out some gorgeous locations and art. Sally goes to Canberra for the Enlighten Festival. Starring:ERICA DAVIS,LEA WILSON,SALLY STANTON,MEL SYMONS,MIKE WHITNEY | **G**  +7SWE26-001+ |

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| 11:00 | **My Greek Odyssey (R) ’CC’**  Peter continues his travels in Kythira, hometown of his parents, before moving on to Antikythira. | **PG**  +MYGO01-008+ |

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| 12:00 | **The Kitchen: Spring Feast (R)**  Spring has sprung, and Marcela Valladolid celebrates by making a Savory Spring Roasted Rack of Lamb. Learn new and natural techniques for decorating Easter eggs and making food-inspired bouquets. | **PG**  +TKIT13-001+ |

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| 13:00 | **Chopped: Chopping Block Blues (R)**  There's eggs in the baskets - Scotch eggs, that is! Will the competitors know what to do with this sausage-enrobed pub food in the appetizer round? | **PG**  +CHPD28-011+ |

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| 14:00 | **Giada At Home: Giada's L.A. Vacation (R)**  Giada De Laurentiis puts her spin on three dishes from some of Los Angeles's most popular tourist attractions. | **PG**  +GIHO06-017+ |

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| 14:30 | **My Greek Odyssey (R) ’CC’**  Peter continues his travels in Kythira, hometown of his parents, before moving on to Antikythira. | **PG**  +MYGO01-008+ |

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| 15:30 | **Cake Wars: The Knot (R)**  A cake for a couple's dream wedding is needed. | **PG**  +CAKW01-003+ |

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| 16:30 | **Baked In Vermont: Vermont Country Boil (R)**  Gesine Prado's friends from down south are coming up to visit their kids attending university nearby so she's throwing a Vermont-style Low Country boil for them. | **PG**  +BAVE02-010+ |

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| 17:00 | **Giada At Home: Feel-Good Food (R)**  Giada makes four healthy recipes that may be low in fat and calories, but are full of amazing flavour. | **PG**  +GIHO06-018+ |

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| 17:30 | **The Kitchen: Spring Chicken (R)**  The Kitchen is perfecting poultry for spring, starting with Katie Lee's Roast Chicken with a twist and the kick-off of the Rotisserie Club with Jeff Mauro's Pulled Chicken Sandwich. | **PG**  +TKIT13-002+ |

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| 18:30 | **Chopped: Hungry For Love (R)**  There's romance in the air in the Chopped Kitchen as eight cooking singles are paired up on blind dates! | **PG**  +CHPD28-012+ |

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| 19:30 | **Mystery Diners: Venue Vandals (R)**  Concerned about vandalism at his new restaurant location, which is currently under construction, Manny of the Spanish Potato Grill in Brick, N.J. reaches out to Mystery Diners for help. | **PG (L,A)**  +MYSD11-008+ |

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| 20:00 | **Mystery Diners: Lobster Looting (R)**  Brother-sister owners Richard and Marilyn of Langosta Lounge in Asbury Park, N.J. contact Charles Stiles after noticing a discrepancy in their lobster supply. | **PG (L,A)**  +MYSD11-009+ |

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| 20:30 | **Restaurant: Impossible: Bummed Out (R)**  Emotions explode when Chef Robert Irvine steps in to save Bambino's Italian Ristorante in Orange City. Robert must get above the noise to rebuild the relationships and sort out the restaurant. | **PG**  +RIMP08-008+ |

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| 21:30 | **Restaurant: Impossible: Meet The Impossible (R)**  Chef Robert Irvine and his team have travelled to more than 100 locations to help America's failing restaurants. Now it's your chance to hear the never-before-told stories behind the show. | **PG**  +RIMP08-009+ |

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| 00:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-008+ |

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| 01:00 | **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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| 01:30 | **Creek To Coast (R) ’CC’**  Andrew is on stunning Fraser Island and it's catch and cook-off time. Roger joins country Queenslanders for the Doin' it for Dolly Charity Rodeo. While, Scotty is on the hunt for one metre barra. | **G**  +7CTC18-003+ |

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| 02:00 | **The Great Day Out (R) ’CC’**  Tamsyn is on a food lovers tour, Luke discovers the latest in virtual reality gaming. We visit a charming strip of shops and Jillian samples some of Queensland's best produce. | **G**  +GDOT18-024+ |

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

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| 03:00 | **Sydney Weekender (R) ’CC’**  Sydney Weekender travels around Sydney and throughout New South Wales to explore the best places to stay, eat and play, and to help you make the most of your weekend. | **G**  +7SWE25-046+ |

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| 03:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-008+ |

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| 04:00 | **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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| 04:30 | **Creek To Coast (R) ’CC’**  Andrew is on stunning Fraser Island and it's catch and cook-off time. Roger joins country Queenslanders for the Doin' it for Dolly Charity Rodeo. While, Scotty is on the hunt for one metre barra. | **G**  +7CTC18-003+ |

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| 05:00 | **The Great Day Out (R) ’CC’**  Tamsyn is on a food lovers tour, Luke discovers the latest in virtual reality gaming. We visit a charming strip of shops and Jillian samples some of Queensland's best produce. | **G**  +GDOT18-024+ |

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| 05:30 | **Home In WA (R) ’CC’**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-010+ |

**Wednesday 14 August 2019**

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| 06:00 | **Restaurant: Impossible: Bummed Out (R)**  Emotions explode when Chef Robert Irvine steps in to save Bambino's Italian Ristorante in Orange City. Robert must get above the noise to rebuild the relationships and sort out the restaurant. | **PG**  +RIMP08-008+ |

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| 07:00 | **Baked In Vermont: Vermont Country Boil (R)**  Gesine Prado's friends from down south are coming up to visit their kids attending university nearby so she's throwing a Vermont-style Low Country boil for them. | **PG**  +BAVE02-010+ |

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| 07:30 | **The Kitchen: Spring Chicken (R)**  The Kitchen is perfecting poultry for spring, starting with Katie Lee's Roast Chicken with a twist and the kick-off of the Rotisserie Club with Jeff Mauro's Pulled Chicken Sandwich. | **PG**  +TKIT13-002+ |

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| 08:30 | **Mystery Diners: Venue Vandals (R)**  Concerned about vandalism at his new restaurant location, which is currently under construction, Manny of the Spanish Potato Grill in Brick, N.J. reaches out to Mystery Diners for help. | **PG (L,A)**  +MYSD11-008+ |

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| 09:00 | **Mystery Diners: Lobster Looting (R)**  Brother-sister owners Richard and Marilyn of Langosta Lounge in Asbury Park, N.J. contact Charles Stiles after noticing a discrepancy in their lobster supply. | **PG (L,A)**  +MYSD11-009+ |

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| 09:30 | **Giada At Home: Feel-Good Food (R)**  Giada makes four healthy recipes that may be low in fat and calories, but are full of amazing flavour. | **PG**  +GIHO06-018+ |

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| 10:00 | **Baked In Vermont: Vermont Country Boil (R)**  Gesine Prado's friends from down south are coming up to visit their kids attending university nearby so she's throwing a Vermont-style Low Country boil for them. | **PG**  +BAVE02-010+ |

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| 10:30 | **Sydney Weekender (R) ’CC’**  Mike explores Orange. Dean heads to Balmoral Beach to try foil serving. Mel visits Alice Springs to check out some gorgeous locations. Starring:DEAN CROPP,ERICA DAVIS,SALLY STANTON,MEL SYMONS,MIKE WHITNEY | **G**  +7SWE26-002+ |

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| 11:00 | **Restaurant: Impossible: Bummed Out (R)**  Emotions explode when Chef Robert Irvine steps in to save Bambino's Italian Ristorante in Orange City. Robert must get above the noise to rebuild the relationships and sort out the restaurant. | **PG**  +RIMP08-008+ |

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| 12:00 | **The Kitchen: Spring Chicken (R)**  The Kitchen is perfecting poultry for spring, starting with Katie Lee's Roast Chicken with a twist and the kick-off of the Rotisserie Club with Jeff Mauro's Pulled Chicken Sandwich. | **PG**  +TKIT13-002+ |

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| 13:00 | **Chopped: Hungry For Love (R)**  There's romance in the air in the Chopped Kitchen as eight cooking singles are paired up on blind dates! | **PG**  +CHPD28-012+ |

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| 14:00 | **Giada At Home: Feel-Good Food (R)**  Giada makes four healthy recipes that may be low in fat and calories, but are full of amazing flavour. | **PG**  +GIHO06-018+ |

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| 14:30 | **Restaurant: Impossible: Bummed Out (R)**  Emotions explode when Chef Robert Irvine steps in to save Bambino's Italian Ristorante in Orange City. Robert must get above the noise to rebuild the relationships and sort out the restaurant. | **PG**  +RIMP08-008+ |

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

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| 16:30 | **Easy Chinese: The American Dish With A Chinese Twist (R)**  Ching-He Huang takes on the USA's most beloved dishes as she finds the best burger and spaghetti and meatballs in New York before spinning a Chinese version of them. | **PG**  +EACH02-001+ |

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| 17:00 | **Giada At Home: Springtime In Italy (R)**  Giada makes a very traditional Italian Easter luncheon for her family using the fresh flavors of Italy. The menu features Italian Springtime Lamb, Artichoke Risotto and Whipped Ricotta Salad. | **PG**  +GIHO06-019+ |

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| 17:30 | **The Kitchen: Hit Re-Fresh (R)**  Welcome spring with fresh ingredients. Start with Geoffrey Zakarian's juicy Pork Chops with Spring Vegetables, Marcela Valladolid's Apple Peel Snacks and Jeff Mauro's Veggie Top Pesto. | **PG**  +TKIT13-003+ |

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| 18:30 | **Chopped: Leap Of Faith (R)**  A priest, a nun-in-training, a rabbi, and a pastor compete in the Chopped Kitchen! | **PG**  +CHPD28-013+ |

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| 19:30 | **Restaurant: Impossible: Bring Mama Back (R)**  Chef Robert Irvine has just two days to address trust issues, frozen food in the kitchen and finances that aren't adding up if there's any chance of restoring this restaurant to its former glory. | **PG**  +RIMP07-001+ |

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| 20:30 | **The Grill Dads: Food Like A Cozy Hug NEW EPISODE**  The Grill Dads travel to Minneapolis, where classic chicken pot pie is elevated into a 10,000 Lakes Pot Pie topped with a homemade, buttery puff pastry dough. | **PG**  +GRIL01-005+ |

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| 21:00 | **Comfort Food Tour: All American Eats NEW EPISODE**  What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG**  +CMFT02-005+ |

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| 21:30 | **Carnival Cravings With Anthony Anderson: San Diego On A Stick NEW EPISODE**  Anthony Anderson soaks up some So-Cal fun at the San Diego County Fair, where every carnival treat is straight out of the melting pot, like Thai chicken fry bread and a chile relleno cheeseburger. | **PG**  +CRAV01-005+ |

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| 22:00 | **Carnival Kings: What Came First, The Burger ... Or The Egg? NEW EPISODE**  Chef Richie is rolling the dice at the Great American Foodie Fest in Las Vegas, Nevada. | **PG**  +CKIN01-005+ |

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| 22:30 | **Diners, Drive-Ins and Dives: Pork, Pasta And Barbecue (R)**  Guy Fieri's checking out some tried and true local faves. | **PG**  +DDID18-009+ |

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| 23:00 | **Diners, Drive-Ins and Dives: South Of The Border (R)**  Guy Fieri's headed south of the border to Cabo San Lucas, Mexico. | **PG**  +DDID18-010+ |

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| 23:30 | **Restaurant: Impossible: Bring Mama Back (R)**  Chef Robert Irvine has just two days to address trust issues, frozen food in the kitchen and finances that aren't adding up if there's any chance of restoring this restaurant to its former glory. | **PG**  +RIMP07-001+ |

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| 00:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-009+ |

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| 01:00 | **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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| 01:30 | **Creek To Coast (R) ’CC’**  Liz is on guard with the Coast Guard. Roger is gearing up for Easter and Scotty is in the Gladstone Region looking for the ABC of fish, Bream, Cod and A big one. | **G**  +7CTC18-004+ |

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| 02:00 | **The Great Day Out (R) ’CC’**  Join Jess as she is on the hunt for unique treasures. Home and Away's Sophie Dillman shares her Great Day Out and Sofie is at a well-known destination that has a new offering. | **G**  +GDOT18-025+ |

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| 02:30 | **Home In WA (R) ’CC’**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-011+ |

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| 03:00 | **Sydney Weekender (R) ’CC’**  Sydney Weekender travels around Sydney and throughout New South Wales to explore the best places to stay, eat and play, and to help you make the most of your weekend. | **G**  +7SWE25-047+ |

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| 03:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-009+ |

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| 04:00 | **Queensland Weekender (R) ’CC’**  Sammie 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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| 04:30 | **Creek To Coast (R) ’CC’**  Liz is on guard with the Coast Guard. Roger is gearing up for Easter and Scotty is in the Gladstone Region looking for the ABC of fish, Bream, Cod and A big one. | **G**  +7CTC18-004+ |

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| 05:00 | **The Great Day Out (R) ’CC’**  Join Jess as she is on the hunt for unique treasures. Home and Away's Sophie Dillman shares her Great Day Out and Sofie is at a well-known destination that has a new offering. | **G**  +GDOT18-025+ |

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| 05:30 | **Home In WA (R) ’CC’**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-011+ |

**Thursday 15 August 2019**

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| 06:00 | **Carnival Cravings With Anthony Anderson: San Diego On A Stick (R)**  Anthony Anderson soaks up some So-Cal fun at the San Diego County Fair, where every carnival treat is straight out of the melting pot, like Thai chicken fry bread and a chile relleno cheeseburger. | **PG**  +CRAV01-005+ |

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| 06:30 | **Carnival Kings: What Came First, The Burger ... Or The Egg? (R)**  Chef Richie is rolling the dice at the Great American Foodie Fest in Las Vegas, Nevada. | **PG**  +CKIN01-005+ |

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| 07:00 | **Easy Chinese: The American Dish With A Chinese Twist (R)**  Ching-He Huang takes on the USA's most beloved dishes as she finds the best burger and spaghetti and meatballs in New York before spinning a Chinese version of them. | **PG**  +EACH02-001+ |

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| 07:30 | **The Kitchen: Hit Re-Fresh (R)**  Welcome spring with fresh ingredients. Start with Geoffrey Zakarian's juicy Pork Chops with Spring Vegetables, Marcela Valladolid's Apple Peel Snacks and Jeff Mauro's Veggie Top Pesto. | **PG**  +TKIT13-003+ |

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| 08:30 | **The Grill Dads: Food Like A Cozy Hug (R)**  The Grill Dads travel to Minneapolis, where classic chicken pot pie is elevated into a 10,000 Lakes Pot Pie topped with a homemade, buttery puff pastry dough. | **PG**  +GRIL01-005+ |

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| 09:00 | **Comfort Food Tour: All American Eats (R)**  What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG**  +CMFT02-005+ |

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| 09:30 | **Giada At Home: Springtime In Italy (R)**  Giada makes a very traditional Italian Easter luncheon for her family using the fresh flavors of Italy. The menu features Italian Springtime Lamb, Artichoke Risotto and Whipped Ricotta Salad. | **PG**  +GIHO06-019+ |

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| 10:00 | **Easy Chinese: The American Dish With A Chinese Twist (R)**  Ching-He Huang takes on the USA's most beloved dishes as she finds the best burger and spaghetti and meatballs in New York before spinning a Chinese version of them. | **PG**  +EACH02-001+ |

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| 10:30 | **Sydney Weekender (R) ’CC’**  Mike heads to the Snowy Mountains and goes on a river sled tour with Activate Lake Crackenback. Fliss heads for the Wyong Milk Factory. Teigan goes to Skater HQ to have fun while getting fit. | **G**  +7SWE26-003+ |

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| 11:00 | **Restaurant: Impossible: Bring Mama Back (R)**  Chef Robert Irvine has just two days to address trust issues, frozen food in the kitchen and finances that aren't adding up if there's any chance of restoring this restaurant to its former glory. | **PG**  +RIMP07-001+ |

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| 12:00 | **The Kitchen: Hit Re-Fresh (R)**  Welcome spring with fresh ingredients. Start with Geoffrey Zakarian's juicy Pork Chops with Spring Vegetables, Marcela Valladolid's Apple Peel Snacks and Jeff Mauro's Veggie Top Pesto. | **PG**  +TKIT13-003+ |

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| 13:00 | **Chopped: Leap Of Faith (R)**  A priest, a nun-in-training, a rabbi, and a pastor compete in the Chopped Kitchen! | **PG**  +CHPD28-013+ |

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| 14:00 | **Giada At Home: Springtime In Italy (R)**  Giada makes a very traditional Italian Easter luncheon for her family using the fresh flavors of Italy. The menu features Italian Springtime Lamb, Artichoke Risotto and Whipped Ricotta Salad. | **PG**  +GIHO06-019+ |

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| 14:30 | **The Grill Dads: Food Like A Cozy Hug (R)**  The Grill Dads travel to Minneapolis, where classic chicken pot pie is elevated into a 10,000 Lakes Pot Pie topped with a homemade, buttery puff pastry dough. | **PG**  +GRIL01-005+ |

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| 15:00 | **Comfort Food Tour: All American Eats (R)**  What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG**  +CMFT02-005+ |

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| 15:30 | **Carnival Cravings With Anthony Anderson: San Diego On A Stick (R)**  Anthony Anderson soaks up some So-Cal fun at the San Diego County Fair, where every carnival treat is straight out of the melting pot, like Thai chicken fry bread and a chile relleno cheeseburger. | **PG**  +CRAV01-005+ |

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| 16:00 | **Carnival Kings: What Came First, The Burger ... Or The Egg? (R)**  Chef Richie is rolling the dice at the Great American Foodie Fest in Las Vegas, Nevada. | **PG**  +CKIN01-005+ |

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| 16:30 | **Easy Chinese: Chinatown Unexpected (R)**  Ching-He Huang heads to Flushing, New York's Chinatown where she explores the mysterious food enclaves and creates a Flushing-inspired dish. | **PG**  +EACH02-002+ |

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| 17:00 | **Giada At Home: Recipe Swap (R)**  Giada De Laurentiis makes Spicy Citrus Popcorn to snack on in the kitchen, and then Aunt Raffy shows up and teaches Giada one of her favorite recipes, Quinoa and Ceci Soup. | **PG**  +GIHO06-020+ |

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| 17:30 | **The Kitchen: What's Hot Right Now (R)**  The Kitchen is celebrating spice with Jeff Mauro's Risotto Scampi Fra Diavlo and Sunny Anderson's Easy Sunset Park Noodle Bowl. Chef and restaurateur Michael Psilakis heats up the kitchen. | **PG**  +TKIT13-004+ |

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| 18:30 | **Chopped: Knife Strife (R)**  The competition begins with a gory story in the appetizer round, when the chefs find blood sausages in the basket. | **PG**  +CHPD27-001+ |

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| 19:30 | **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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| 20:30 | **Ramsay's Kitchen Nightmares: La Parra - Revisted (R) ’CC’**  Tonight, Gordon revisits La Parra Restaurant, and finds that while the owner has a core of expats he struggles to get native Spaniards through the door. | **MA (L)**  +RAKN03-005+ |

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| 21:30 | **Ramsay's Kitchen Nightmares: The Fenwick Arms - Revisited (R) ’CC’**  Gordon returns to the Fenwick Arms, and finds that new competition is threatening the pub's survival. | **MA (L)**  +RAKN03-006+ |

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| 22:30 | **Ramsay's Kitchen Nightmares USA: Return To Amy's Baking Company (R) ’CC’**  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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| 23:30 | **Chopped: Knife Strife (R)**  The competition begins with a gory story in the appetizer round, when the chefs find blood sausages in the basket. | **PG**  +CHPD27-001+ |

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| 00:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-010+ |

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| 01:00 | **Queensland Weekender (R) ’CC’**  Victoria is on the ultimate eco experience. | **G**  +7QWE18-020+ |

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| 01:30 | **Creek To Coast (R) ’CC’**  The competition is on between Luke and Cody as they fight for the best catch of the day. Roger shares his passion for Landcruisers. Sally has all the tricks for cooking a whole fish. | **G**  +7CTC18-005+ |

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| 02:00 | **The Great Day Out (R) ’CC’**  Alastair discovers Toowoomba's delicious side; we meet some of the artists who will be performing at BigSound and Sofie is off to the country. | **G**  +GDOT18-026+ |

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| 02:30 | **Home In WA (R) ’CC’**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-012+ |

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

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| 03:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-010+ |

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| 04:00 | **Queensland Weekender (R) ’CC’**  Victoria is on the ultimate eco experience. | **G**  +7QWE18-020+ |

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| 04:30 | **Creek To Coast (R) ’CC’**  The competition is on between Luke and Cody as they fight for the best catch of the day. Roger shares his passion for Landcruisers. Sally has all the tricks for cooking a whole fish. | **G**  +7CTC18-005+ |

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| 05:00 | **The Great Day Out (R) ’CC’**  Alastair discovers Toowoomba's delicious side; we meet some of the artists who will be performing at BigSound and Sofie is off to the country. | **G**  +GDOT18-026+ |

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| 05:30 | **Home In WA (R) ’CC’**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-012+ |

**Friday 16 August 2019**

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

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| 06:30 | **Throwdown With Bobby Flay: Fondue (R)**  Bobby Flay takes on a gritty Frenchman with nerves of steel. It's fondue time for Bobby Flay in this Fondue Throwdown. | **PG**  +TWBF09-013+ |

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| 07:00 | **Easy Chinese: Chinatown Unexpected (R)**  Ching-He Huang heads to Flushing, New York's Chinatown where she explores the mysterious food enclaves and creates a Flushing-inspired dish. | **PG**  +EACH02-002+ |

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| 07:30 | **The Kitchen: What's Hot Right Now (R)**  The Kitchen is celebrating spice with Jeff Mauro's Risotto Scampi Fra Diavlo and Sunny Anderson's Easy Sunset Park Noodle Bowl. Chef and restaurateur Michael Psilakis heats up the kitchen. | **PG**  +TKIT13-004+ |

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| 08:30 | **Rachael Ray's Week In A Day: Souperstar Suppers (R)**  Soup's on, as Rachael throws down with five thick stews and soups that'll keep you satisfied through an entire week of eating. | **PG**  +WIAD03-004+ |

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| 09:30 | **Giada At Home: Recipe Swap (R)**  Giada De Laurentiis makes Spicy Citrus Popcorn to snack on in the kitchen, and then Aunt Raffy shows up and teaches Giada one of her favorite recipes, Quinoa and Ceci Soup. | **PG**  +GIHO06-020+ |

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| 10:00 | **Easy Chinese: Chinatown Unexpected (R)**  Ching-He Huang heads to Flushing, New York's Chinatown where she explores the mysterious food enclaves and creates a Flushing-inspired dish. | **PG**  +EACH02-002+ |

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| 10:30 | **Throwdown With Bobby Flay: Fondue (R)**  Bobby Flay takes on a gritty Frenchman with nerves of steel. It's fondue time for Bobby Flay in this Fondue Throwdown. | **PG**  +TWBF09-013+ |

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| 11:00 | **Rachael Ray's Week In A Day: Souperstar Suppers (R)**  Soup's on, as Rachael throws down with five thick stews and soups that'll keep you satisfied through an entire week of eating. | **PG**  +WIAD03-004+ |

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| 12:00 | **The Kitchen: What's Hot Right Now (R)**  The Kitchen is celebrating spice with Jeff Mauro's Risotto Scampi Fra Diavlo and Sunny Anderson's Easy Sunset Park Noodle Bowl. Chef and restaurateur Michael Psilakis heats up the kitchen. | **PG**  +TKIT13-004+ |

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| 13:00 | **Chopped: Knife Strife (R)**  The competition begins with a gory story in the appetizer round, when the chefs find blood sausages in the basket. | **PG**  +CHPD27-001+ |

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| 14:00 | **Giada At Home: Recipe Swap (R)**  Giada De Laurentiis makes Spicy Citrus Popcorn to snack on in the kitchen, and then Aunt Raffy shows up and teaches Giada one of her favorite recipes, Quinoa and Ceci Soup. | **PG**  +GIHO06-020+ |

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| 14:30 | **Rachael Ray's Week In A Day: Souperstar Suppers (R)**  Soup's on, as Rachael throws down with five thick stews and soups that'll keep you satisfied through an entire week of eating. | **PG**  +WIAD03-004+ |

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| 15:30 | **Easy Chinese: Hollywood Cocktail Party (R)**  Ching-He Huang helps her friend, Phil Rosenthal, to prepare Chinese-inspired finger foods for a party he is throwing for his wife's birthday. | **PG**  +EACH02-003+ |

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| 16:00 | **Throwdown With Bobby Flay: Fondue (R)**  Bobby Flay takes on a gritty Frenchman with nerves of steel. It's fondue time for Bobby Flay in this Fondue Throwdown. | **PG**  +TWBF09-013+ |

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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**  +HOWL03-025+ |

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| 17:30 | **The Kitchen: Celebrate Good Times (R)**  The Kitchen is celebrating good times, and Katie Lee kicks off the party with Surf and Turf Skewers. Then the hosts share their summer food trend forecast, Food Network Star winner Tregaye Fraser. | **PG**  +TKIT13-005+ |

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| 18:30 | **Chopped: Healthy Rivalry (R)**  Four chefs are challenged to create light dishes from baskets full of nutritious surprises. | **PG**  +CHPD27-002+ |

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| 19:30 | **Bizarre Foods With Andrew Zimmern: Chengdu (R)**  Andrew ingests tongue numbing pig brains, spicy rabbit heads and heart attack noodles in Chengdu, China - the epicenter of spicy Sichuan cuisine. | **PG (A)**  +BIFO04-013+ |

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| 20:30 | **Mystery Diners: Red Hot Mess (R)**  Sonny and Sage, owners of Hot Red Bus near Los Angeles, contact Charles Stiles after hearing rumors that their restaurant is open on the one day it's supposed to be closed. | **PG**  +MYSD09-005+ |

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| 21:00 | **Mystery Diners: Private Chef Sting (R)**  Having already been helped by Mystery Diners in the past, Nico, owner of Capo's Speakeasy in Las Vegas, contacts Charles Stiles to help with a personal problem at his new home. | **PG**  +MYSD09-006+ |

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| 21:30 | **Cutthroat Kitchen: Superstar Sabotage: Heat One (R)**  "Superstar Sabotage" begins w/ Susan Feniger, Jeff Mauro, Michael Psilakis, Aarti Sequeira competing in challenges, during which they encounter culinary curveballs, including a treadmill station. | **PG**  +CUTK05-007+ |

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| 22:30 | **Carnival Cravings With Anthony Anderson: San Diego On A Stick (R)**  Anthony Anderson soaks up some So-Cal fun at the San Diego County Fair, where every carnival treat is straight out of the melting pot, like Thai chicken fry bread and a chile relleno cheeseburger. | **PG**  +CRAV01-005+ |

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| 23:00 | **Carnival Kings: What Came First, The Burger ... Or The Egg? (R)**  Chef Richie is rolling the dice at the Great American Foodie Fest in Las Vegas, Nevada. | **PG**  +CKIN01-005+ |

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| 23:30 | **Mystery Diners: Red Hot Mess (R)**  Sonny and Sage, owners of Hot Red Bus near Los Angeles, contact Charles Stiles after hearing rumors that their restaurant is open on the one day it's supposed to be closed. | **PG**  +MYSD09-005+ |

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| 00:00 | **Mystery Diners: Private Chef Sting (R)**  Having already been helped by Mystery Diners in the past, Nico, owner of Capo's Speakeasy in Las Vegas, contacts Charles Stiles to help with a personal problem at his new home. | **PG**  +MYSD09-006+ |

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| 00:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-011+ |

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| 01:00 | **Queensland Weekender (R) ’CC’**  Lee treks through a pristine wilderness, Victoria meets some cute Sunshine Coast locals, Kip has the need for speed and Chief Executive of the RNA reveals what is takes to organise the EKKA. | **G**  +7QWE18-021+ |

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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 | **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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| 02:30 | **Home In WA (R) ’CC’**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-013+ |

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| 03:00 | **Sydney Weekender (R) ’CC’**  This year, Sydney Weekender turns 25. To celebrate, Mike cruises around Sydney Harbour with Barefoot Charters. Mel heads to Scenic World in the Blue Mountains. Lizzy heads to Australian Reptile Park. Starring:ERICA DAVIS,LUKE CARROLL,LIZZY LOVETTE,MEL SYMONS,MIKE WHITNEY | **G**  +7SWE25-001+ |

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| 03:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-011+ |

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| 04:00 | **Queensland Weekender (R) ’CC’**  Lee treks through a pristine wilderness, Victoria meets some cute Sunshine Coast locals, Kip has the need for speed and Chief Executive of the RNA reveals what is takes to organise the EKKA. | **G**  +7QWE18-021+ |

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| 04:30 | **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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| 05:00 | **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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| 05:30 | **Home In WA (R) ’CC’**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-013+ |

**Saturday 17 August 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  This year, Sydney Weekender turns 25. To celebrate, Mike cruises around Sydney Harbour with Barefoot Charters. Mel heads to Scenic World in the Blue Mountains. Lizzy heads to Australian Reptile Park. Starring:ERICA DAVIS,LUKE CARROLL,LIZZY LOVETTE,MEL SYMONS,MIKE WHITNEY | **G**  +7SWE25-001+ |

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| 06:30 | **Better Homes And Gardens (R) ’CC’**  Jo visits Australia's Got Talent judge Lucy Durack. Jason and Dr Harry team up to make a bird feeder. Karen makes a blackberry pear loaf. | **G**  +BHAG25-028+ |

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| 08:00 | **Easy Chinese: Hollywood Cocktail Party (R)**  Ching-He Huang helps her friend, Phil Rosenthal, to prepare Chinese-inspired finger foods for a party he is throwing for his wife's birthday. | **PG**  +EACH02-003+ |

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| 08:30 | **The Kitchen: Celebrate Good Times (R)**  The Kitchen is celebrating good times, and Katie Lee kicks off the party with Surf and Turf Skewers. Then the hosts share their summer food trend forecast, Food Network Star winner Tregaye Fraser. | **PG**  +TKIT13-005+ |

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| 09:30 | **Easy Chinese: Hollywood Cocktail Party (R)**  Ching-He Huang helps her friend, Phil Rosenthal, to prepare Chinese-inspired finger foods for a party he is throwing for his wife's birthday. | **PG**  +EACH02-003+ |

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| 10:00 | **Cutthroat Kitchen: Superstar Sabotage: Heat One (R)**  "Superstar Sabotage" begins w/ Susan Feniger, Jeff Mauro, Michael Psilakis, Aarti Sequeira competing in challenges, during which they encounter culinary curveballs, including a treadmill station. | **PG**  +CUTK05-007+ |

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| 11:00 | **Bizarre Foods With Andrew Zimmern: Chengdu (R)**  Andrew ingests tongue numbing pig brains, spicy rabbit heads and heart attack noodles in Chengdu, China - the epicenter of spicy Sichuan cuisine. | **PG (A)**  +BIFO04-013+ |

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| 12:00 | **Chopped: Healthy Rivalry (R)**  Four chefs are challenged to create light dishes from baskets full of nutritious surprises. | **PG**  +CHPD27-002+ |

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| 13:00 | **Cutthroat Kitchen: Superstar Sabotage: Heat One (R)**  "Superstar Sabotage" begins w/ Susan Feniger, Jeff Mauro, Michael Psilakis, Aarti Sequeira competing in challenges, during which they encounter culinary curveballs, including a treadmill station. | **PG**  +CUTK05-007+ |

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| 14:00 | **Carnival Cravings With Anthony Anderson: San Diego On A Stick (R)**  Anthony Anderson soaks up some So-Cal fun at the San Diego County Fair, where every carnival treat is straight out of the melting pot, like Thai chicken fry bread and a chile relleno cheeseburger. | **PG**  +CRAV01-005+ |

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| 14:30 | **Carnival Kings: What Came First, The Burger ... Or The Egg? (R)**  Chef Richie is rolling the dice at the Great American Foodie Fest in Las Vegas, Nevada. | **PG**  +CKIN01-005+ |

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| 15:00 | **The Kitchen: Celebrate Good Times (R)**  The Kitchen is celebrating good times, and Katie Lee kicks off the party with Surf and Turf Skewers. Then the hosts share their summer food trend forecast, Food Network Star winner Tregaye Fraser. | **PG**  +TKIT13-005+ |

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| 16:00 | **Bizarre Foods With Andrew Zimmern: Chengdu (R)**  Andrew ingests tongue numbing pig brains, spicy rabbit heads and heart attack noodles in Chengdu, China - the epicenter of spicy Sichuan cuisine. | **PG (A)**  +BIFO04-013+ |

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| 17:00 | **Carnival Cravings With Anthony Anderson: San Diego On A Stick (R)**  Anthony Anderson soaks up some So-Cal fun at the San Diego County Fair, where every carnival treat is straight out of the melting pot, like Thai chicken fry bread and a chile relleno cheeseburger. | **PG**  +CRAV01-005+ |

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| 17:30 | **Carnival Kings: What Came First, The Burger ... Or The Egg? (R)**  Chef Richie is rolling the dice at the Great American Foodie Fest in Las Vegas, Nevada. | **PG**  +CKIN01-005+ |

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| 18:00 | **Mystery Diners: Red Hot Mess (R)**  Sonny and Sage, owners of Hot Red Bus near Los Angeles, contact Charles Stiles after hearing rumors that their restaurant is open on the one day it's supposed to be closed. | **PG**  +MYSD09-005+ |

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| 18:30 | **Mystery Diners: Private Chef Sting (R)**  Having already been helped by Mystery Diners in the past, Nico, owner of Capo's Speakeasy in Las Vegas, contacts Charles Stiles to help with a personal problem at his new home. | **PG**  +MYSD09-006+ |

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| 19:00 | **My France With Manu: Brittany - Part 2 (R) ’CC’**  Tonight, Manu makes his way through the wine region of Bordeaux, along the Dordogne river. Then, he heads to the surfing mecca of Biarritz where his sister lives and joins in a family reunion. | **PG**  +MANU-002+ |

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| 20:00 | **Beach Eats USA: Dockside Dining NEW EPISODE**  Curtis Stone sets sail to discover the ultimate dockside dining in South Carolina, California and the Gulf Coast of Alabama. | **PG**  +BEEA01-005+ |

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| 20:30 | **Iron Chef America: Garces VS. Spence (R)**  Seattle Chef Carolynn Spence brings her Pacific Northwest cuisine into Kitchen Stadium to battle Iron Chef Jose Garces. | **PG**  +ICAM13-004+ |

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| 21:30 | **Iron Chef America: Zakarian VS. Wolen (R)**  Chicago Chef Lee Wolen busts out of his shell for a battle against Iron Chef Geoffrey Zakarian that's anything but quiet. Judges Nancy Silverton and Simon Majumdar are on hand to determine the winner. | **PG**  +ICAM13-005+ |

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| 22:30 | **The Grill Dads: Food Like A Cozy Hug (R)**  The Grill Dads travel to Minneapolis, where classic chicken pot pie is elevated into a 10,000 Lakes Pot Pie topped with a homemade, buttery puff pastry dough. | **PG**  +GRIL01-005+ |

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| 23:00 | **Comfort Food Tour: All American Eats (R)**  What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG**  +CMFT02-005+ |

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| 23:30 | **Diners, Drive-Ins and Dives: Cannoli, Fritters And Wings (R)**  Guy Fieri's rollin' out for a festival of flavours. In Portland, Ore., the Guamanian food truck serving up righteous shrimp fritters and a unique spin on chicken salad. | **PG**  +DDID18-004+ |

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| 00:00 | **Diners, Drive-Ins and Dives: Aces Of Authenticity (R)**  Guy Fieri's hittin' up some joints that are authentic to the bone. | **PG**  +DDID18-005+ |

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| 00:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-012+ |

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| 01:00 | **Queensland Weekender (R) ’CC’**  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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| 01:30 | **Creek To Coast: Creek To Coast 2018 Ep: 7 (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 | **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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| 02:30 | **Home In WA (R) ’CC’**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-014+ |

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike heads to Corowa, checking out its whiskey, chocolate and more. Karen gets a preview of Mamma Mia The Musical. Teigan heads to Golden Ridge Animal Farm. Starring:ERICA DAVIS,KAREN LEDBURY,SALLY STANTON,MIKE WHITNEY,TEIGAN NASH | **G**  +7SWE25-002+ |

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| 03:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-012+ |

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| 04:00 | **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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| 04:30 | **Creek To Coast: Creek To Coast 2018 Ep: 7 (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 | **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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| 05:30 | **Home In WA (R) ’CC’**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-014+ |