**Sunday 14 July 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike heads to Jannei Goat Dairy, before spending the night in Australia's first Bubble tent. Lea visits Koala Park in West Pennant Hills. Fliss signs up for a Mexican Street Food class in Bowral. Starring:ERICA DAVIS,FELICITY URQUHART,LEA WILSON,SALLY STANTON,MIKE WHITNEY | **G** +7SWE25-015+ |

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| 06:30 | **Throwdown With Bobby Flay: Baked Alaska (R)** After putting his own personal spin on the dish, Saul thinks he is being featured on a show that explains the chemistry of baking frozen parfait when Bobby Flay shows up.  | **PG** +TWBF09-012+ |

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| 07:00 | **Bizarre Foods With Andrew Zimmern: Chicago (R)** When it comes to food, Chicago is a city of both innovation and tradition. Andrew gets a real taste of the diverse food scene in the Windy City. | **PG (L,A)**+BIFO04-002+ |

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| 08:00 | **Manu's American Road Trip (R) ’CC’** Manu kicks off his epic road trip across the Deep South of America in Miami where he heads to Little Havana to find the best Cuban food in the US. | **PG** +MART01-001+ |

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| 09:00 | **Guy's Big Bite: Butter Makes It Better (R)** Guy Fieri is in the kitchen with his mom, Penny Ferry, and they're cooking up a meal literally oozing with flavor! It's all about the crispy, juicy, buttery Chicken Kiev, Zucchini and Fennel Noodles. | **PG** +GUBB19-004+ |

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| 09:30 | **Iron Chef America: Cora Vs. Mullen (R)** New York Chef extraordinaire Seamus Mullen enters Kitchen Stadium for the first time since competing in Next Iron Chef season 2 to take on Iron Chef Cat Cora. | **PG** +ICAM08-024+ |

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| 10:30 | **Iron Chef America: Cora Vs. Miranda (R)** Chef Paul Miranda enters kitchen stadium for the first time to challenge Iron Chef Cat Cora to a culinary showdown. | **PG** +ICAM08-025+ |

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| 11:30 | **Diners, Drive-Ins And Dives: A Passport Of Flavor (R)** Guy Fieri's diving into killer cuisine with international flair. In Lansing, Mich., an off-the-hook Middle Eastern joint puttin' out serious shawarma and gangster grape leaves. | **PG** +DDID27-005+ |

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| 12:00 | **Diners, Drive-Ins And Dives: Old Faces, New Places (R)** Guy Fieri's visiting some familiar Triple D faces and checking out their new places. First, a primo pizza joint in Flagstaff, Ariz., firin' up pies with not-your-everyday toppings. | **PG** +DDID27-006+ |

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| 12:30 | **Manu's American Road Trip (R) ’CC’** Manu kicks off his epic road trip across the Deep South of America in Miami where he heads to Little Havana to find the best Cuban food in the US. | **PG** +MART01-001+ |

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| 15:00 | **Bizarre Foods With Andrew Zimmern: Chicago (R)** When it comes to food, Chicago is a city of both innovation and tradition. Andrew gets a real taste of the diverse food scene in the Windy City. | **PG (L,A)**+BIFO04-002+ |

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| 18:00 | **Kid's Baking Championship: Winning Colors (R)** Thunder claps and lightning strikes greet the bakers but when the storms pass, a rainbow appears and inspires the final challenge - rainbow cakes. | **PG** +KBAC05-007+ |

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| 19:00 | **Ridiculous Cakes: It's a Bird! It's a Plane! No, It's a Cake! (R)** A cake celebrating Superman becomes one cake artist's kryptonite. A cake for a stylish client could be a fashion faux pas, and a cake that explodes with candy is a sweet surprise. | **PG** +RICA02-008+ |

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| 19:30 | **Cake Wars: Transformers (R)** Autobots roll out. Four talented bakers will enter battle, but to take home $10,000, they'll have to create Transformers-themed cakes that are more than meets the eye. | **PG** +CAKW04-007+ |

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| 20:30 | **Ramsay's Hotel Hell: Murphy's Historic Hotel (R) ’CC’** Gordon Ramsay travels across the US to fix some of its most horrendous hotels, troubled inns and struggling resorts. He will endure hotels at their worst, all so unsuspecting guests don't have to. Starring:GORDON RAMSAY | **M (N,L)**+HELL02-008+ |

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| 21:30 | **Cupcake Wars: Saluting The USO NEW EPISODE**Four past champion bakers return and compete for a chance to serve their cupcakes at a black-tie gala celebrating the 70th anniversary of the USO. | **PG** +CUPW05-012+ |

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| 22:30 | **Cupcake Wars: Cheerleader Cupcakes (R)** Cupcakes will fly as four competitors fight for the chance to serve their cupcakes at a huge celebration honoring the country's best cheerleaders. | **PG** +CUPW07-007+ |

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| 23:30 | **Ridiculous Cakes: It's a Bird! It's a Plane! No, It's a Cake! (R)** A cake celebrating Superman becomes one cake artist's kryptonite. A cake for a stylish client could be a fashion faux pas, and a cake that explodes with candy is a sweet surprise. | **PG** +RICA02-008+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Duane is on a north Queensland mountain bike challenge, Kip is on a Man vs. Pancake challenge and Bridget discovers a secret on the Great Barrier Reef. | **G** +7QWE18-033+ |

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| 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** +7CTC18-015+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Alastair has the difficult job of tasting Brisbane's best fish and chips. Jess gets the low-down on a new yoga craze while Sofie enjoys Brisbane's top animal encounters. | **G** +GDOT18-041+ |

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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** +HIWA21-005+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike heads down the infamous Southern Highlands Pie Trail for the upcoming Pie Fest. Matt gets a behind the scenes look at Priscilla: The Musical. Lizzy checks out the Coogee Bay Hotel. Starring:BECK STEVENS,JASON STEVENS,ERICA DAVIS,LIZZY LOVETTE,MIKE WHITNEY,MATT BASELEY | **G** +7SWE25-016+ |

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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** +SAWE18-016+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Duane is on a north Queensland mountain bike challenge, Kip is on a Man vs. Pancake challenge and Bridget discovers a secret on the Great Barrier Reef. | **G** +7QWE18-033+ |

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| 05:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-005+ |

 **Monday 15 July 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike heads down the infamous Southern Highlands Pie Trail for the upcoming Pie Fest. Matt gets a behind the scenes look at Priscilla: The Musical. Lizzy checks out the Coogee Bay Hotel. Starring:BECK STEVENS,JASON STEVENS,ERICA DAVIS,LIZZY LOVETTE,MIKE WHITNEY,MATT BASELEY | **G** +7SWE25-016+ |

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| 08:30 | **Cupcake Wars: Saluting The USO (R)** Four past champion bakers return and compete for a chance to serve their cupcakes at a black-tie gala celebrating the 70th anniversary of the USO. | **PG** +CUPW05-012+ |

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| 10:30 | **Better Homes And Gardens (R) ’CC’** Joh and Pete take a tour of Cornerstone House. Karen makes chicken noodle soup. Ed makes vanille brie mousse with strawberries. Tara shows you how to make a teacup holder and iPad stand.  | **G** +BHAG25-024+ |

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| 12:00 | **Cupcake Wars: Saluting The USO (R)** Four past champion bakers return and compete for a chance to serve their cupcakes at a black-tie gala celebrating the 70th anniversary of the USO. | **PG** +CUPW05-012+ |

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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 | **House Of Wellness (R) ’CC’** Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Rachael Finch, Jo Stanley and Luke Hines. | **PG** +HOWL03-021+ |

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| 17:00 | **Giada At Home: Restaurant Tips (R)** Giada De Laurentiis gives tips on how to make restaurant-style dishes in your own kitchen. The dishes are easy, but impressive and delicious. | **PG** +GIHO07-012+ |

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| 17:30 | **Guy's Grocery Games: Last Judge Standing Tournament, Pt. 2 (R)** Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG** +GUGG15-006+ |

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| 18:30 | **Chopped: Souper Chefs (R)** A seventy-something competes. Included: in the appetizer round, trout dishes must include dill pickle soup as a component. | **PG** +CHPD29-004+ |

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| 19:30 | **Cake Wars: Dinosaurs NEW EPISODE**It's a Cake War that's 65 million years in the making, as four phenomenal cake artists battle to capture dinosaurs in cake form. Only one baker will have their creation as the centerpiece. | **PG** +CAKW02-012+ |

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| 20:30 | **Hell's Kitchen USA NEW EPISODE**World renowned chef Gordon Ramsay puts aspiring young chefs through rigorous cooking challenges and dinner services at his restaurant in Hollywood. | **MA (L)**+HEKI14-001+ |

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| 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** +SAWE18-017+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Bridget is on an off-road adventure on Bribie Island, we meet Ranger Annie from Kingfisher Bay Resort who recently had some royal guests while Chris is on Bedarra Island the ultimate in luxury. | **G** +7QWE18-034+ |

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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. This final leg takes in Uluru and the Simpson Desert. | **G** +7CTC18-016+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Alastair digs deep and meets some passionate Toowoomba farmers. Sofie heads to the Great Barrier Reef while Laurel uncovers some recycled gems. | **G** +GDOT18-042+ |

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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** +HIWA21-006+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike takes his Isuzu through its paces at the I-Venture Club 4WD Experience at River Island. Fliss visits Avoca Surf House. Karen gets a 'beer-ducation' with Dave's Travel and Events. Starring:ERICA DAVIS,FELICITY URQUHART,KAREN LEDBURY,SALLY STANTON,MIKE WHITNEY | **G** +7SWE25-017+ |

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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** +HIWA21-006+ |

 **Tuesday 16 July 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike takes his Isuzu through its paces at the I-Venture Club 4WD Experience at River Island. Fliss visits Avoca Surf House. Karen gets a 'beer-ducation' with Dave's Travel and Events. Starring:ERICA DAVIS,FELICITY URQUHART,KAREN LEDBURY,SALLY STANTON,MIKE WHITNEY | **G** +7SWE25-017+ |

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| 06:30 | **Throwdown With Bobby Flay: Baked Alaska (R)** After putting his own personal spin on the dish, Saul thinks he is being featured on a show that explains the chemistry of baking frozen parfait when Bobby Flay shows up.  | **PG** +TWBF09-012+ |

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| 07:00 | **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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| 07:30 | **Guy's Grocery Games: Last Judge Standing Tournament, Pt. 2 (R)** Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG** +GUGG15-006+ |

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| 08:30 | **My Greek Odyssey (R) ’CC’** Peter continues to show off the sights of Hydra, before travelling to the rocky island of Dokos. | **PG** +MYGO01-004+ |

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| 09:30 | **Giada At Home: Restaurant Tips (R)** Giada De Laurentiis gives tips on how to make restaurant-style dishes in your own kitchen. The dishes are easy, but impressive and delicious. | **PG** +GIHO07-012+ |

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| 13:00 | **Chopped: Souper Chefs (R)** A seventy-something competes. Included: in the appetizer round, trout dishes must include dill pickle soup as a component. | **PG** +CHPD29-004+ |

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| 15:30 | **Cake Wars: Dinosaurs (R)** It's a Cake War that's 65 million years in the making, as four phenomenal cake artists battle to capture dinosaurs in cake form. Only one baker will have their creation as the centerpiece. | **PG** +CAKW02-012+ |

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| 16:30 | **The Pioneer Woman: FAQ (R)** Ree Drummond hosts a Pioneer Woman Q and A with answers starring a stunning Slow Cooker Mexican Soup and a healthy Killer Kale Salad. | **PG** +PIWO13-003+ |

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| 17:00 | **Giada At Home: Garden Spa Day (R)** Giada De Laurentiis creates a spa day menu featuring Farro and Kale Salad, Peas and Carrots, plus Almond and Peach Toasts. | **PG** +GIHO07-013+ |

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| 17:30 | **Guy's Grocery Games: Last Judge Standing Tournament, Pt. 3 (R)** Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG** +GUGG15-007+ |

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| 18:30 | **Chopped: Chili Cook-Off (R)** A chili cook-off begins with chocolate and sausage as the mandatory ingredients in the appetizer round. | **PG** +CHPD29-005+ |

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| 19:30 | **Mystery Diners: Daddy's Girl** The owners of "Geppino's Sicilian Kitchen" in Moorpark, suspect that their daughter is dating a thief, after their customers start complaining about stolen items. | **PG** +MYSD07-013+ |

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| 20:00 | **Mystery Diners: Street Vendor Violation (R)** After noticing lacklustre dinner sales and a dip in bottle service, Freddy and Abdi of Supperclub in Los Angeles contact Charles Stiles for help. | **PG (L,A)**+MYSD11-001+ |

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| 20:30 | **Restaurant Impossible: Oleander Bar And Grill DOUBLE EPISODE**Chef Robert Irvine heads to Olean, to meet Kelli and her daughter, Abby, owners of the Oleander Bar and Grill. | **PG** +RIMP04-013+ |

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| 21:30 | **Restaurant: Impossible: Up In Smoke (R)** Five years ago, Lisette and Steve purchased the Mill Creek BBQ Restaurant. He'll have just two days to change the barbecue from boring to bold. | **PG** +RIMP08-001+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Today on Queensland Weekender it is Tourism Award season and we celebrate the state's best of the best. | **G** +7QWE18-035+ |

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| 01:30 | **Creek To Coast (R) ’CC’** Luke and Cody are up north for the Weipa Fishing Classic, Scotty is wetting a line in Mackay and Sally is putting a healthy twist on some culinary classics. | **G** +7CTC18-017+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Alastair gets a taste of the south east's newest night markets and Sofie is back in paradise. | **G** +GDOT18-043+ |

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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** +HIWA21-007+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike heads to Yamba. Karen picks up some power tools at MotoRRetro. Jason and Beck check out some of In2TheWild's tiny luxury houses. Starring:BECK STEVENS,JASON STEVENS,ERICA DAVIS,KAREN LEDBURY,MIKE WHITNEY,DARREN COGGAN | **G** +7SWE25-018+ |

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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** +SAWE18-018+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Today on Queensland Weekender it is Tourism Award season and we celebrate the state's best of the best. | **G** +7QWE18-035+ |

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| 04:30 | **Creek To Coast (R) ’CC’** Luke and Cody are up north for the Weipa Fishing Classic, Scotty is wetting a line in Mackay and Sally is putting a healthy twist on some culinary classics. | **G** +7CTC18-017+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Alastair gets a taste of the south east's newest night markets and Sofie is back in paradise. | **G** +GDOT18-043+ |

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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** +HIWA21-007+ |

 **Wednesday 17 July 2019**

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| 06:00 | **Restaurant Impossible: Oleander Bar And Grill (R)** Chef Robert Irvine heads to Olean, to meet Kelli and her daughter, Abby, owners of the Oleander Bar and Grill. | **PG** +RIMP04-013+ |

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| 07:00 | **The Pioneer Woman: FAQ (R)** Ree Drummond hosts a Pioneer Woman Q and A with answers starring a stunning Slow Cooker Mexican Soup and a healthy Killer Kale Salad. | **PG** +PIWO13-003+ |

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| 07:30 | **Guy's Grocery Games: Last Judge Standing Tournament, Pt. 3 (R)** Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG** +GUGG15-007+ |

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| 08:30 | **Mystery Diners: Daddy's Girl (R)** The owners of "Geppino's Sicilian Kitchen" in Moorpark, suspect that their daughter is dating a thief, after their customers start complaining about stolen items. | **PG** +MYSD07-013+ |

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| 09:30 | **Giada At Home: Garden Spa Day (R)** Giada De Laurentiis creates a spa day menu featuring Farro and Kale Salad, Peas and Carrots, plus Almond and Peach Toasts. | **PG** +GIHO07-013+ |

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| 10:00 | **The Pioneer Woman: FAQ (R)** Ree Drummond hosts a Pioneer Woman Q and A with answers starring a stunning Slow Cooker Mexican Soup and a healthy Killer Kale Salad. | **PG** +PIWO13-003+ |

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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 | **Restaurant: Impossible: Up In Smoke (R)** Five years ago, Lisette and Steve purchased the Mill Creek BBQ Restaurant. He'll have just two days to change the barbecue from boring to bold. | **PG** +RIMP08-001+ |

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| 12:00 | **Guy's Grocery Games: Last Judge Standing Tournament, Pt. 3 (R)** Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG** +GUGG15-007+ |

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| 13:00 | **Chopped: Chili Cook-Off (R)** A chili cook-off begins with chocolate and sausage as the mandatory ingredients in the appetizer round. | **PG** +CHPD29-005+ |

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| 14:00 | **Giada At Home: Garden Spa Day (R)** Giada De Laurentiis creates a spa day menu featuring Farro and Kale Salad, Peas and Carrots, plus Almond and Peach Toasts. | **PG** +GIHO07-013+ |

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| 14:30 | **Restaurant Impossible: Oleander Bar And Grill (R)** Chef Robert Irvine heads to Olean, to meet Kelli and her daughter, Abby, owners of the Oleander Bar and Grill. | **PG** +RIMP04-013+ |

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| 15:30 | **Restaurant: Impossible: Up In Smoke (R)** Five years ago, Lisette and Steve purchased the Mill Creek BBQ Restaurant. He'll have just two days to change the barbecue from boring to bold. | **PG** +RIMP08-001+ |

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| 16:30 | **The Pioneer Woman: Market Meet-Up (R)** Ree Drummond is opening a mercantile at her building in town, so she's throwing an on-site dinner for her girlfriends who've helped her stock the store. | **PG** +PIWO13-004+ |

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| 17:00 | **Giada At Home: Career Day (R)** Giada De Laurentiis visits her daughter, Jade's, school for a career day presentation. Giada creates a kid-friendly menu for the students to enjoy including Kids Sushi. | **PG** +GIHO06-001+ |

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| 17:30 | **Guy's Grocery Games: Last Judge Standing Tournament, Pt. 4 (R)** Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG** +GUGG15-008+ |

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| 18:30 | **Chopped: Worst Cooks Challenge (R)** Former winners and runners up from Worst Cooks in America arrive at the Chopped Kitchen with something to prove. | **PG** +CHPD29-006+ |

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| 19:30 | **Restaurant: Impossible: The Writing On THe Wall (R)** Daniel is the owner and operator of a successful sawmill, and thought he would be able to run Big Jim's Bama Q in Hammondville. But his naivety has instead left him seeking Chef Robert. | **PG** +RIMP08-010+ |

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| 20:30 | **The Grill Dads: Big Eats For The Kid At Heart PREMIERE**The Grill Dads kick off their delicious road adventure by going on the hunt for over-the-versions of food their kids absolutely love. | **PG** +GRIL01-001+ |

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| 21:00 | **Comfort Food Tour PREMIERE**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** +CMFT01-001+ |

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| 21:30 | **Carnival Cravings With Anthony Anderson: Sweet Carolina Cravings PREMIERE**Anthony Anderson heads to the Got to Be NC Festival in Raleigh, for some Southern-fried carnival goodness. | **PG** +CRAV01-001+ |

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| 22:00 | **Carnival Kings: Deep-Fried Burger Battle PREMIERE**Richie Farina visits the State Fair of Texas to challenge brothers Brent and Juan Reaves; Richie has just 24 hours to create his own version of their Deep-Fried Bacon Burger Dog Slider on a Stick. | **PG** +CKIN01-001+ |

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| 22:30 | **Diners, Drive-Ins and Dives: Neighborhood Knockouts (R)** Guy Fieri's traveling up and down the west coast in search of funky neighborhood joints.  | **PG** +DDID18-001+ |

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| 23:00 | **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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| 23:30 | **Restaurant: Impossible: The Writing On THe Wall (R)** Daniel is the owner and operator of a successful sawmill, and thought he would be able to run Big Jim's Bama Q in Hammondville. But his naivety has instead left him seeking Chef Robert. | **PG** +RIMP08-010+ |

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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** +SAWE18-019+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Chris is on a luxury coach tour like no other. From sandstone gorges to reef wonders, it is proof that good times never get old. | **G** +7QWE18-036+ |

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| 01:30 | **Creek To Coast (R) ’CC’** Andrew takes you off road in comfort, Sally has a healthy alternative to chips and Scotty is at the gateway to the north. | **G** +7CTC18-018+ |

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

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

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

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| 04:00 | **Queensland Weekender (R) ’CC’** Chris is on a luxury coach tour like no other. From sandstone gorges to reef wonders, it is proof that good times never get old. | **G** +7QWE18-036+ |

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| 04:30 | **Creek To Coast (R) ’CC’** Andrew takes you off road in comfort, Sally has a healthy alternative to chips and Scotty is at the gateway to the north. | **G** +7CTC18-018+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Laurel meets the women behind an exotic Brisbane marketplace, Alastair has Ipswich's dining scene covered and Tamsyn WAGS work for a little Wednesday Afternoon Sailing. | **G** +GDOT18-044+ |

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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+ |

 **Thursday 18 July 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike hops over to Kangaroo Valley for an unforgettable adventure. Lizzy checks out the Yarrangobilly Caves. Matt goes to Base 101 Studios for a dance lesson with Samson from Justice Crew. | **G** +7SWE25-019+ |

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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 | **The Pioneer Woman: Market Meet-Up (R)** Ree Drummond is opening a mercantile at her building in town, so she's throwing an on-site dinner for her girlfriends who've helped her stock the store. | **PG** +PIWO13-004+ |

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| 07:30 | **Guy's Grocery Games: Last Judge Standing Tournament, Pt. 4 (R)** Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG** +GUGG15-008+ |

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| 08:30 | **Carnival Cravings With Anthony Anderson: Sweet Carolina Cravings (R)** Anthony Anderson heads to the Got to Be NC Festival in Raleigh, for some Southern-fried carnival goodness. | **PG** +CRAV01-001+ |

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| 09:00 | **Carnival Kings: Deep-Fried Burger Battle (R)** Richie Farina visits the State Fair of Texas to challenge brothers Brent and Juan Reaves; Richie has just 24 hours to create his own version of their Deep-Fried Bacon Burger Dog Slider on a Stick. | **PG** +CKIN01-001+ |

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| 09:30 | **Giada At Home: Career Day (R)** Giada De Laurentiis visits her daughter, Jade's, school for a career day presentation. Giada creates a kid-friendly menu for the students to enjoy including Kids Sushi. | **PG** +GIHO06-001+ |

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| 10:00 | **The Pioneer Woman: Market Meet-Up (R)** Ree Drummond is opening a mercantile at her building in town, so she's throwing an on-site dinner for her girlfriends who've helped her stock the store. | **PG** +PIWO13-004+ |

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| 10:30 | **Carnival Cravings With Anthony Anderson: Sweet Carolina Cravings (R)** Anthony Anderson heads to the Got to Be NC Festival in Raleigh, for some Southern-fried carnival goodness. | **PG** +CRAV01-001+ |

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| 11:00 | **The Grill Dads: Big Eats For The Kid At Heart (R)** The Grill Dads kick off their delicious road adventure by going on the hunt for over-the-versions of food their kids absolutely love. | **PG** +GRIL01-001+ |

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| 11:30 | **Comfort Food Tour (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** +CMFT01-001+ |

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| 12:00 | **Guy's Grocery Games: Last Judge Standing Tournament, Pt. 4 (R)** Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG** +GUGG15-008+ |

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| 13:00 | **Chopped: Worst Cooks Challenge (R)** Former winners and runners up from Worst Cooks in America arrive at the Chopped Kitchen with something to prove. | **PG** +CHPD29-006+ |

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| 14:00 | **Giada At Home: Career Day (R)** Giada De Laurentiis visits her daughter, Jade's, school for a career day presentation. Giada creates a kid-friendly menu for the students to enjoy including Kids Sushi. | **PG** +GIHO06-001+ |

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| 14:30 | **The Grill Dads: Big Eats For The Kid At Heart (R)** The Grill Dads kick off their delicious road adventure by going on the hunt for over-the-versions of food their kids absolutely love. | **PG** +GRIL01-001+ |

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| 15:00 | **Comfort Food Tour (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** +CMFT01-001+ |

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| 15:30 | **Restaurant: Impossible: The Writing On THe Wall (R)** Daniel is the owner and operator of a successful sawmill, and thought he would be able to run Big Jim's Bama Q in Hammondville. But his naivety has instead left him seeking Chef Robert. | **PG** +RIMP08-010+ |

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| 16:30 | **The Pioneer Woman: Tequila (R)** It's tequila all the way as Ree Drummond tests making a whole meal with a bottle of tequila. | **PG** +PIWO13-005+ |

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| 17:00 | **Giada At Home: Grilling With Bobby (R)** Giada De Laurentiis invites Bobby Flay over for a day of fun in the kitchen. The two create a colourful meal and Bobby shows Giada how to create one of his favorite cocktails. | **PG** +GIHO06-002+ |

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| 17:30 | **Guy's Grocery Games: Last Judge Standing Tournament Finale: Judgement Day (R)** Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG** +GUGG15-009+ |

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| 18:30 | **Chopped: Teen Tournament: Battle 1 (R)** In this first preliminary battle, the young competitors must make appetizers from a strange hybrid snack and a decadent pork product. | **PG** +CHPD29-007+ |

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| 19:30 | **Ramsay's Kitchen Nightmares USA: La Galleria 33 - Part 1 (R) ’CC’** American restaurants receive a wake up call they'll never forget as week by week a struggling restaurant receives the Gordon Ramsay treatment. Starring:GORDON RAMSAY | **M (L)**+KNUS06-001+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: Clubway 41 (R) ’CC’** Gordon tries to help the struggling Clubway 41 restaurant, which has bizarre dishes on its menu, ranging from tomato and cointreau soup to pork with brie, nectarine and whiskey sauce. | **M (L)**+RAKN02-005+ |

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| 21:30 | **Ramsay's Kitchen Nightmares: Oscar's (R) ’CC’** Gordon visits Oscar's, which on the surface looks ideal but is run by a mother in son who constantly bicker, and are losing thousands of pounds each week.  | **MA (L)**+RAKN02-006+ |

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| 22:30 | **Ramsay's Kitchen Nightmares USA: La Galleria 33 - Part 1 (R) ’CC’** American restaurants receive a wake up call they'll never forget as week by week a struggling restaurant receives the Gordon Ramsay treatment. Starring:GORDON RAMSAY | **M (L)**+KNUS06-001+ |

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| 23:30 | **Chopped: Teen Tournament: Battle 1 (R)** In this first preliminary battle, the young competitors must make appetizers from a strange hybrid snack and a decadent pork product. | **PG** +CHPD29-007+ |

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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** +SAWE18-020+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Bridget has found a place where it is Christmas all year round. We chat to Aussie actor and author, William McInnes. While Luke and Cody are heading to an iconic attraction and celebrated festival. | **G** +7QWE18-037+ |

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| 01:30 | **Creek To Coast (R) ’CC’** This week we are winter camping and Roothy with his mate Jason have all the tips and tricks on how to set up a comfortable site. | **G** +7CTC18-019+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Home and Away's Sophie Dillman shares her Great Day Out while Jillian samples some of Queensland's best produce. | **G** +GDOT18-045+ |

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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 visits Shellharbour and Kiama, taking in the HARS Aviation Museum, The Shed, Loves Bay and Into The Wild Nature Tours. Pete goes to the Clean Treats Factory. Starring:ERICA DAVIS,SALLY STANTON,PETE WELLS,MIKE WHITNEY,SOPHIE FALKINER | **G** +7SWE25-020+ |

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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** +SAWE18-020+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Bridget has found a place where it is Christmas all year round. We chat to Aussie actor and author, William McInnes. While Luke and Cody are heading to an iconic attraction and celebrated festival. | **G** +7QWE18-037+ |

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| 04:30 | **Creek To Coast (R) ’CC’** This week we are winter camping and Roothy with his mate Jason have all the tips and tricks on how to set up a comfortable site. | **G** +7CTC18-019+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Home and Away's Sophie Dillman shares her Great Day Out while Jillian samples some of Queensland's best produce. | **G** +GDOT18-045+ |

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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+ |

 **Friday 19 July 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike visits Shellharbour and Kiama, taking in the HARS Aviation Museum, The Shed, Loves Bay and Into The Wild Nature Tours. Pete goes to the Clean Treats Factory. Starring:ERICA DAVIS,SALLY STANTON,PETE WELLS,MIKE WHITNEY,SOPHIE FALKINER | **G** +7SWE25-020+ |

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| 06:30 | **Ten Dollar Dinners: Ten Dollar Game Day (R)** Melissa has a tailgate menu to satisfy the hungry masses without breaking a sweat or breaking the budget. | **PG** +TEDD07-012+ |

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| 07:00 | **The Pioneer Woman: Tequila (R)** It's tequila all the way as Ree Drummond tests making a whole meal with a bottle of tequila. | **PG** +PIWO13-005+ |

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| 07:30 | **Guy's Grocery Games: Last Judge Standing Tournament Finale: Judgement Day (R)** Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG** +GUGG15-009+ |

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| 08:30 | **Rachael Ray's Week In A Day: Thanksgiving Before And After (R)** Dishes to feed a crowd in the days leading up to Thanksgiving, dishes that double as dinners or sides for the big day, and what to do with leftovers. Bacon and Brussels Sprout Mac and Cheese; Carrot,  | **PG** +WIAD05-010+ |

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| 09:30 | **Giada At Home: Grilling With Bobby (R)** Giada De Laurentiis invites Bobby Flay over for a day of fun in the kitchen. The two create a colourful meal and Bobby shows Giada how to create one of his favorite cocktails. | **PG** +GIHO06-002+ |

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| 10:00 | **The Pioneer Woman: Tequila (R)** It's tequila all the way as Ree Drummond tests making a whole meal with a bottle of tequila. | **PG** +PIWO13-005+ |

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| 10:30 | **Ten Dollar Dinners: Seafood And Sweets (R)** Melissa d'Arabian proves you can serve an elegant seafood meal without splurging on cost. | **PG** +TEDD07-013+ |

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| 11:00 | **Rachael Ray's Week In A Day: Thanksgiving Before And After (R)** Dishes to feed a crowd in the days leading up to Thanksgiving, dishes that double as dinners or sides for the big day, and what to do with leftovers. Bacon and Brussels Sprout Mac and Cheese; Carrot,  | **PG** +WIAD05-010+ |

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| 12:00 | **Guy's Grocery Games: Last Judge Standing Tournament Finale: Judgement Day (R)** Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG** +GUGG15-009+ |

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| 13:00 | **Chopped: Teen Tournament: Battle 1 (R)** In this first preliminary battle, the young competitors must make appetizers from a strange hybrid snack and a decadent pork product. | **PG** +CHPD29-007+ |

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| 14:00 | **Giada At Home: Grilling With Bobby (R)** Giada De Laurentiis invites Bobby Flay over for a day of fun in the kitchen. The two create a colourful meal and Bobby shows Giada how to create one of his favorite cocktails. | **PG** +GIHO06-002+ |

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| 14:30 | **Rachael Ray's Week In A Day: Thanksgiving Before And After (R)** Dishes to feed a crowd in the days leading up to Thanksgiving, dishes that double as dinners or sides for the big day, and what to do with leftovers. Bacon and Brussels Sprout Mac and Cheese; Carrot,  | **PG** +WIAD05-010+ |

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| 15:30 | **The Pioneer Woman: Mom's Day (R)** It's a fun day of treats for Mom - while Ladd and the kids wash her truck. | **PG** +PIWO13-006+ |

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| 16:00 | **Giada At Home: Dim Sum (R)** Giada De Laurentiis prepares a dim sum menu inspired by her recent trip to Hong Kong. She invites her travel companions over to enjoy the exotic dishes. | **PG** +GIHO06-003+ |

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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** +HOWL03-021+ |

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| 17:30 | **Guy's Grocery Games: Grocery Rush (R)** On a GGG first, Guy Fieri gives the chefs three turbo-charged games with only 15 to 20 minutes to shop, cook and plate. | **PG** +GUGG16-001+ |

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| 18:30 | **Chopped: Teen Tournament: Battle 2 (R)** Seafood surprises await the teen chefs in round two, then some breakfast items take on a creative form in the dessert basket. | **PG** +CHPD29-008+ |

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| 19:30 | **Bizarre Foods With Andrew Zimmern: Madagascar (R)** Andrew gets an intimate look at the food and the people that live in one of the most remote corners of the earth, Madagascar. | **PG (A)**+BIFO04-009+ |

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| 20:30 | **Mystery Diners: Red Ink (R)** A drop in food and tattoo sales at the "Anchor Bar and Tattoo" in Atlanta is investigated by Charles and the team. | **PG (L,A)**+MYSD10-010+ |

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| 21:00 | **Mystery Diners: Tour Bust (R)** The father-son owners of "Star Cafe" and "Star Coaches" in Atlanta, worry about missing food in their kitchen and a rise in fuel expenses on their tour buses. | **PG (L,A)**+MYSD10-011+ |

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| 21:30 | **Cutthroat Kitchen: Here's Looking At You, Squid (R)** A chef is forced to use a metal plumbing elbow when cooking macaroni; and a game of ring toss is played to win calamari. Also: Alton adds a jittery twist to a coffee cake challenge. | **PG** +CUTK05-003+ |

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| 22:30 | **Carnival Cravings With Anthony Anderson: Sweet Carolina Cravings (R)** Anthony Anderson heads to the Got to Be NC Festival in Raleigh, for some Southern-fried carnival goodness. | **PG** +CRAV01-001+ |

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| 23:00 | **Carnival Kings: Deep-Fried Burger Battle (R)** Richie Farina visits the State Fair of Texas to challenge brothers Brent and Juan Reaves; Richie has just 24 hours to create his own version of their Deep-Fried Bacon Burger Dog Slider on a Stick. | **PG** +CKIN01-001+ |

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| 23:30 | **Mystery Diners: Red Ink (R)** A drop in food and tattoo sales at the "Anchor Bar and Tattoo" in Atlanta is investigated by Charles and the team. | **PG (L,A)**+MYSD10-010+ |

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| 00:00 | **Mystery Diners: Tour Bust (R)** The father-son owners of "Star Cafe" and "Star Coaches" in Atlanta, worry about missing food in their kitchen and a rise in fuel expenses on their tour buses. | **PG (L,A)**+MYSD10-011+ |

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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** +SAWE18-021+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Lee puts his new dive ticket into practice and meets the Warriors of the Reef. | **G** +7QWE18-038+ |

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| 01:30 | **Creek To Coast (R) ’CC’** Scotty is in the Hinchinbrook region with his son, Roger is getting out of trouble with new mate Jack and Olivia is taking on Rocky. | **G** +7CTC18-020+ |

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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 Alastair is on a Queensland food trek. | **G** +GDOT18-046+ |

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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’** Mike is in the Hunter Valley checking out what's new in Wine Country. Sally heads to the second royal wedding of the year - Sleeping Beauty: A Knight Avenger's Tale. Mel heads to Coffs Harbour. Starring:ERICA DAVIS,FELICITY URQUHART,LUKE CARROLL,SALLY STANTON,MIKE WHITNEY | **G** +7SWE25-021+ |

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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** +SAWE18-021+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Lee puts his new dive ticket into practice and meets the Warriors of the Reef. | **G** +7QWE18-038+ |

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| 04:30 | **Creek To Coast (R) ’CC’** Scotty is in the Hinchinbrook region with his son, Roger is getting out of trouble with new mate Jack and Olivia is taking on Rocky. | **G** +7CTC18-020+ |

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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 Alastair is on a Queensland food trek. | **G** +GDOT18-046+ |

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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+ |

 **Saturday 20 July 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike is in the Hunter Valley checking out what's new in Wine Country. Sally heads to the second royal wedding of the year - Sleeping Beauty: A Knight Avenger's Tale. Mel heads to Coffs Harbour. Starring:ERICA DAVIS,FELICITY URQUHART,LUKE CARROLL,SALLY STANTON,MIKE WHITNEY | **G** +7SWE25-021+ |

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| 06:30 | **Better Homes And Gardens (R) ’CC’** Joh and Pete take a tour of Cornerstone House. Karen makes chicken noodle soup. Ed makes vanille brie mousse with strawberries. Tara shows you how to make a teacup holder and iPad stand.  | **G** +BHAG25-024+ |

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| 08:00 | **Ten Dollar Dinners: Seafood And Sweets (R)** Melissa d'Arabian proves you can serve an elegant seafood meal without splurging on cost. | **PG** +TEDD07-013+ |

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| 08:30 | **Guy's Grocery Games: Grocery Rush (R)** On a GGG first, Guy Fieri gives the chefs three turbo-charged games with only 15 to 20 minutes to shop, cook and plate. | **PG** +GUGG16-001+ |

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| 09:30 | **The Pioneer Woman: Mom's Day (R)** It's a fun day of treats for Mom - while Ladd and the kids wash her truck. | **PG** +PIWO13-006+ |

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| 10:00 | **Giada At Home: Dim Sum (R)** Giada De Laurentiis prepares a dim sum menu inspired by her recent trip to Hong Kong. She invites her travel companions over to enjoy the exotic dishes. | **PG** +GIHO06-003+ |

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| 10:30 | **Cutthroat Kitchen: Here's Looking At You, Squid (R)** A chef is forced to use a metal plumbing elbow when cooking macaroni; and a game of ring toss is played to win calamari. Also: Alton adds a jittery twist to a coffee cake challenge. | **PG** +CUTK05-003+ |

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| 11:30 | **Bizarre Foods With Andrew Zimmern: Madagascar (R)** Andrew gets an intimate look at the food and the people that live in one of the most remote corners of the earth, Madagascar. | **PG (A)**+BIFO04-009+ |

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| 12:30 | **Chopped: Teen Tournament: Battle 2 (R)** Seafood surprises await the teen chefs in round two, then some breakfast items take on a creative form in the dessert basket. | **PG** +CHPD29-008+ |

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| 13:30 | **The Pioneer Woman: Mom's Day (R)** It's a fun day of treats for Mom - while Ladd and the kids wash her truck. | **PG** +PIWO13-006+ |

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| 14:00 | **Carnival Cravings With Anthony Anderson: Sweet Carolina Cravings (R)** Anthony Anderson heads to the Got to Be NC Festival in Raleigh, for some Southern-fried carnival goodness. | **PG** +CRAV01-001+ |

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| 14:30 | **Carnival Kings: Deep-Fried Burger Battle (R)** Richie Farina visits the State Fair of Texas to challenge brothers Brent and Juan Reaves; Richie has just 24 hours to create his own version of their Deep-Fried Bacon Burger Dog Slider on a Stick. | **PG** +CKIN01-001+ |

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| 15:00 | **Guy's Grocery Games: Grocery Rush (R)** On a GGG first, Guy Fieri gives the chefs three turbo-charged games with only 15 to 20 minutes to shop, cook and plate. | **PG** +GUGG16-001+ |

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| 16:00 | **Cutthroat Kitchen: Here's Looking At You, Squid (R)** A chef is forced to use a metal plumbing elbow when cooking macaroni; and a game of ring toss is played to win calamari. Also: Alton adds a jittery twist to a coffee cake challenge. | **PG** +CUTK05-003+ |

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| 17:00 | **Carnival Cravings With Anthony Anderson: Sweet Carolina Cravings (R)** Anthony Anderson heads to the Got to Be NC Festival in Raleigh, for some Southern-fried carnival goodness. | **PG** +CRAV01-001+ |

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| 17:30 | **Carnival Kings: Deep-Fried Burger Battle (R)** Richie Farina visits the State Fair of Texas to challenge brothers Brent and Juan Reaves; Richie has just 24 hours to create his own version of their Deep-Fried Bacon Burger Dog Slider on a Stick. | **PG** +CKIN01-001+ |

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| 18:00 | **Mystery Diners: Tour Bust (R)** The father-son owners of "Star Cafe" and "Star Coaches" in Atlanta, worry about missing food in their kitchen and a rise in fuel expenses on their tour buses. | **PG (L,A)**+MYSD10-011+ |

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| 19:00 | **Manu's American Road Trip (R) ’CC’** Manu continues the road trip of a lifetime in Louisiana, the French heart of the US, where he has the privilege to cooks with the 94-year-old Queen of Creole Cuisine. | **PG** +MART01-002+ |

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| 20:00 | **Beach Eats USA: Beach Burger Joints PREMIERE**Curtis Stone hits the beach in search of the best burger joints on America's shorelines. | **PG** +BEEA01-001+ |

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| 20:30 | **Iron Chef America: Garces Vs. Pomeroy NEW EPISODE**Portland based Chef Naomi Pomeroy enters kitchen stadium to take on the newest Iron Chef Jose Garces. | **PG** +ICAM08-026+ |

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| 21:30 | **Iron Chef America: Garces Vs. Yang NEW EPISODE**Seattle based chef Rachel Yang enters Kitchen Stadium to take on the winner of the Next Iron Chef. | **PG** +ICAM08-027+ |

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| 22:30 | **The Grill Dads: Big Eats For The Kid At Heart (R)** The Grill Dads kick off their delicious road adventure by going on the hunt for over-the-versions of food their kids absolutely love. | **PG** +GRIL01-001+ |

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| 23:00 | **Comfort Food Tour (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** +CMFT01-001+ |

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| 23:30 | **Diners, Drive-Ins And Dives: From Pied To Fried (R)** Guy Fieri's travelling the nation, digging into all kinds of killer grub. In St. Petersburg, Fla., a lights-out spot loadin' up the righteous ramen. | **PG** +DDID27-007+ |

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| 00:00 | **Diners, Drive-Ins And Dives: Sammies And Spice (R)** Guy Fieri's grabbing standout sandwiches and diving into some serious spice. In Longmont, Colo., a spot putting out a primo pork burger and going crazy with cauliflower. | **PG** +DDID27-008+ |

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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** +SAWE18-022+ |

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| 01:00 | **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** +7QWE18-039+ |

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| 01:30 | **Creek To Coast (R) ’CC’** Sally is in her element, Olivia uncovers the important work of the Volunteer Marine Rescue and the Coast Guard and Scotty is targeting a fish he hasn't caught in over 30 years. | **G** +7CTC18-021+ |

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| 02:00 | **The Great Day Out (R) ’CC’** The team is exploring the best of Brisbane. | **G** +GDOT18-047+ |

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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’** Mike is in Wagga Wagga getting to know the local producers. Karen heads to the food bowl of NSW - The Riverina. Luke lives life on the edge, of the NSW border that is. Starring:ERICA DAVIS,LUKE CARROLL,LIZZY LOVETTE,KAREN LEDBURY,MIKE WITNEY | **G** +7SWE25-022+ |

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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** +SAWE18-022+ |

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| 04:00 | **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** +7QWE18-039+ |

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| 04:30 | **Creek To Coast (R) ’CC’** Sally is in her element, Olivia uncovers the important work of the Volunteer Marine Rescue and the Coast Guard and Scotty is targeting a fish he hasn't caught in over 30 years. | **G** +7CTC18-021+ |

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| 05:00 | **The Great Day Out (R) ’CC’** The team is exploring the best of Brisbane. | **G** +GDOT18-047+ |

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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+ |