**Sunday 15 September 2019**

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| 06:00 | **Ten Dollar Dinners: Accessible Yet Exotic**  Melissa d'Arabian stirs up her Easy Chicken Curry with Vegetables with some Coconut Scented Rice rounds out the meal and soaks up the delicious sauce. For something sweet, Mom's Banana Bread. | **G**  +TEDD06-002+ |

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| 06:30 | **The Grill Dads: I Didn't Know You Served That Here (R)**  First stop on the Dads' itinerary is Basque Market in Boise, where they serve up a stunning seafood paella. | **PG**  +GRIL01-009+ |

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| 07:00 | **Carnival Kings: Why'd The Chicken Sandwich Cross The Road? (R)**  Richie Farina hits the Alameda County Fair near the San Francisco Bay for a cutting-edge culinary competition. | **PG**  +CKIN01-009+ |

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| 07:30 | **Restaurant: Impossible: Fiery Family Fusion (R)**  Monica and Elvis opened Pasion Latin Fusion two years ago, hoping to bring fun and authentic Latin cuisine to Albuquerque, but have found little success. Worn down, they turn to Chef Robert Irvine. | **PG**  +RIMP08-003+ |

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| 08:30 | **Restaurant: Impossible: Pizza: Impossible (R)**  The food at Mama Della's N.Y. City Pizzeria in Baton Rouge, La., is great, but stubborn owner Barry is the biggest obstacle to his restaurant's success. | **PG**  +RIMP08-004+ |

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| 09:30 | **My France With Manu: The Pyrenees - Part 2 (R) ’CC’**  Manu is back in France, taking you to Pyrenees, the place where garlic meets chilli, where France meets Spain. Explore a land of medieval castles where knights battled and ladies hit their mark. | **PG**  +MANU03-002+ |

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| 10:30 | **Anh Does Vietnam (R) ’CC’**  Anh Do returns to Vietnam to rediscover his birth land. He gives insight into modern day Vietnam, from local family life to incredible culinary delights and the best adventures Vietnam has to offer. | **PG**  +ANDV-001+ |

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| 11:30 | **Diners, Drive-Ins and Dives: Tennessee Holiday Traditions (R)**  Guy Fieri's digging into the unique holiday traditions in Tennessee. | **PG**  +DDID18-011+ |

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| 12:00 | **The Grill Dads: I Didn't Know You Served That Here (R)**  First stop on the Dads' itinerary is Basque Market in Boise, where they serve up a stunning seafood paella. | **PG**  +GRIL01-009+ |

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| 15:00 | **Diners, Drive-Ins and Dives: Tennessee Holiday Traditions (R)**  Guy Fieri's digging into the unique holiday traditions in Tennessee. | **PG**  +DDID18-011+ |

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| 15:30 | **Ten Dollar Dinners: Accessible Yet Exotic (R)**  Melissa d'Arabian stirs up her Easy Chicken Curry with Vegetables with some Coconut Scented Rice rounds out the meal and soaks up the delicious sauce. For something sweet, Mom's Banana Bread. | **G**  +TEDD06-002+ |

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| 18:00 | **Kid's Baking Championships NEW EPISODE**  The nine remaining kid bakers are challenged to make artfully decorated eclairs. | **G**  +KBAC02-002+ |

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| 19:00 | **Ridiculous Cakes: Star-Studded Cast Gets Caked (R)**  Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG**  +RICA01-004+ |

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| 19:30 | **Crazy Cakes: Gravity-Defying Musical Cakes NEW EPISODE**  A cake with a working jukebox is music to everyone's ears, a wedding cake is filled with zombies, an alligator groom's cake looks like it crawled right out of the swamp and and a baker defies gravity. | **PG**  +CRAZ01-003+ |

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| 20:00 | **Reality Cupcakes: Thanks A Latte NEW EPISODE**  Ashley Foxen's cupcakes aren't just tasty - they're magical. Crowds at Ripley's Believe It or Not! are stunned by a magician's trick using a shrunken head cupcake. | **PG**  +RCUP01-003+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: Rococo (R) ’CC’**  Gordon finds a chef caught in a time warp when he tackles a picturesque but largely unfrequented upmarket restaurant in King's Lynn, a traditional market town on the Norfolk coast. | **MA (L)**  +RAKN03-003+ |

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| 21:30 | **Cupcake Wars: I Love Lucy 60th Anniversary NEW EPISODE**  Four cupcake bakers vie for a place at the star-studded celebration of the 60th anniversary of "I Love Lucy". | **PG**  +CUPW04-008+ |

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| 22:30 | **Cake Wars: Girl Scouts NEW EPISODE**  See whose Girl Scout cookie crumbles as four talented cake artists compete to have their cake creation at the center of a massive celebration for the Girl Scouts of the USA. | **PG**  +CAKW01-008+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 10 (R) ’CC’**  We have the ultimate guide for school holiday fun. Laurel is on a family holiday that keeps the big kids happy while Tamsyn has found the top 10 boredom busters near Brisbane. | **G**  +GDOT19-010+ |

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

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike checks out the highlights of the Hawkesbury region. Fliss enjoys the marvels of Mulgoa. Lea is in explorer mode in the Blue Mountains. Rose uncovers two dining destinations in the Blue Mountains. Starring:ERICA DAVIS,FELICITY URQUHART,LEA WILSON,ROSE JACKSON,MIKE WHITNEY | **G**  +7SWE25-031+ |

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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**  +SAWE18-003+ |

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| 04:00 | **Queensland Weekender (R) ’CC’**  Bridget embarks on an adventure that takes in the best of the west. From stunning scenery and country hospitality, to a cracking outback festival. | **G**  +7QWE18-006+ |

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

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 10 (R) ’CC’**  We have the ultimate guide for school holiday fun. Laurel is on a family holiday that keeps the big kids happy while Tamsyn has found the top 10 boredom busters near Brisbane. | **G**  +GDOT19-010+ |

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| 05:30 | **Home In WA (R) ’CC’**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-007+ |

**Monday 16 September 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike checks out the highlights of the Hawkesbury region. Fliss enjoys the marvels of Mulgoa. Lea is in explorer mode in the Blue Mountains. Rose uncovers two dining destinations in the Blue Mountains. Starring:ERICA DAVIS,FELICITY URQUHART,LEA WILSON,ROSE JACKSON,MIKE WHITNEY | **G**  +7SWE25-031+ |

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| 06:30 | **Kid's Baking Championships (R)**  The nine remaining kid bakers are challenged to make artfully decorated eclairs. | **G**  +KBAC02-002+ |

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| 07:30 | **Ridiculous Cakes: Star-Studded Cast Gets Caked (R)**  Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG**  +RICA01-004+ |

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| 08:00 | **Crazy Cakes: Gravity-Defying Musical Cakes (R)**  A cake with a working jukebox is music to everyone's ears, a wedding cake is filled with zombies, an alligator groom's cake looks like it crawled right out of the swamp and and a baker defies gravity. | **PG**  +CRAZ01-003+ |

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| 08:30 | **Cupcake Wars: I Love Lucy 60th Anniversary (R)**  Four cupcake bakers vie for a place at the star-studded celebration of the 60th anniversary of "I Love Lucy". | **PG**  +CUPW04-008+ |

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| 09:30 | **Cake Wars: Girl Scouts (R)**  See whose Girl Scout cookie crumbles as four talented cake artists compete to have their cake creation at the center of a massive celebration for the Girl Scouts of the USA. | **PG**  +CAKW01-008+ |

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| 10:30 | **Better Homes And Gardens (R) ’CC’**  Homes and gardens come alive in this lifestyle show packed full of home decorating tips, recipes, craft ideas, DIY projects and how tos. | **G**  +BHAG25-033+ |

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| 12:00 | **Cupcake Wars: I Love Lucy 60th Anniversary (R)**  Four cupcake bakers vie for a place at the star-studded celebration of the 60th anniversary of "I Love Lucy". | **PG**  +CUPW04-008+ |

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| 13:00 | **Cake Wars: Girl Scouts (R)**  See whose Girl Scout cookie crumbles as four talented cake artists compete to have their cake creation at the center of a massive celebration for the Girl Scouts of the USA. | **PG**  +CAKW01-008+ |

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| 15:00 | **Reality Cupcakes: Thanks A Latte (R)**  Ashley Foxen's cupcakes aren't just tasty - they're magical. Crowds at Ripley's Believe It or Not! are stunned by a magician's trick using a shrunken head cupcake. | **PG**  +RCUP01-003+ |

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| 15:30 | **The Pioneer Woman: Double Game Day (R)**  Ree Drummond's family is football crazy, and her and Ladd's alma maters are playing on TV, so she's preparing a game night spread. | **PG**  +PIWO12-009+ |

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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**  +HOWL03-030+ |

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| 17:00 | **Giada At Home: Double Trouble Baby Shower (R)**  Giada hosts a baby shower for her friend, Jocelyn, who is pregnant with identical twin boys. | **PG**  +GIHO05-013+ |

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| 17:30 | **The Kitchen: Dining On A Dime (R)**  The Kitchen hosts are sharing tips for money-saving meals and dollar-stretching deals, starting with Sunny Anderson's Meat N' Potatoes Bundt Loaf. | **PG**  +TKIT15-013+ |

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| 18:30 | **Chopped: Flavor Savor (R)**  The chefs are pleased when they open the first basket and it's filled with bright, fresh Mediterranean foods, including baby octopus. | **PG**  +CHPD35-010+ |

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| 19:30 | **Buddy vs. Duff: It's a Dog's Life NEW EPISODE**  Buddy Valastro and Duff Goldman put their skills to the test making pies that are delicious and beautiful enough to wow the judges. | **PG**  +BUDD01-003+ |

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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. | **MA (L)**  +HEKI15-003+ |

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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. | **MA (L)**  +HEKI15-004+ |

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| 22:30 | **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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| 23:30 | **Buddy vs. Duff: It's a Dog's Life (R)**  Buddy Valastro and Duff Goldman put their skills to the test making pies that are delicious and beautiful enough to wow the judges. | **PG**  +BUDD01-003+ |

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| 00:30 | **Chopped: Flavor Savor (R)**  The chefs are pleased when they open the first basket and it's filled with bright, fresh Mediterranean foods, including baby octopus. | **PG**  +CHPD35-010+ |

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

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 11 (R) ’CC’**  We have school holiday ideas for kids of all ages. Plus we find out what MKR's Andy and Ruby like to do when they are not sweating up a storm in the kitchen. | **G**  +GDOT19-011+ |

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

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike goes to Cowra to preview the Cherry Blossom Festival. Jack checks out The Sausage Factory in Dulwich Hill. Lizzy heads to Broken Hill and Silverton. Starring:JACK YABSLEY,ERICA DAVIS,LIZZY LOVETTE,SALLY STANTON,MIKE WHITNEY | **G**  +7SWE25-032+ |

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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**  +SAWE18-004+ |

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| 04:00 | **Queensland Weekender (R) ’CC’**  Lee discovers Fraser Island's beauty spots in just one day. Plus, Liz learns about the farming behind the food we eat. | **G**  +7QWE18-007+ |

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

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| 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+ |

**Tuesday 17 September 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike goes to Cowra to preview the Cherry Blossom Festival. Jack checks out The Sausage Factory in Dulwich Hill. Lizzy heads to Broken Hill and Silverton. Starring:JACK YABSLEY,ERICA DAVIS,LIZZY LOVETTE,SALLY STANTON,MIKE WHITNEY | **G**  +7SWE25-032+ |

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| 06:30 | **Ten Dollar Dinners: Diner On A Dime (R)**  Melissa d'Arabian whips up a comforting soup and sandwich menu in a matter of minutes. Her Almost Raw Asparagus Soup is an easy way to dress up her perfect Grilled Cheddar Cheese Sandwich. | **PG**  +TEDD07-007+ |

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| 07:00 | **The Pioneer Woman: Double Game Day (R)**  Ree Drummond's family is football crazy, and her and Ladd's alma maters are playing on TV, so she's preparing a game night spread. | **PG**  +PIWO12-009+ |

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| 07:30 | **The Kitchen: Dining On A Dime (R)**  The Kitchen hosts are sharing tips for money-saving meals and dollar-stretching deals, starting with Sunny Anderson's Meat N' Potatoes Bundt Loaf. | **PG**  +TKIT15-013+ |

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| 08:30 | **My Greek Odyssey (R) ’CC’**  In the final episode, Peter visits Pakos, famous for its beaches, before finishing up at Corfu. | **PG**  +MYGO01-013+ |

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| 09:30 | **Giada At Home: Double Trouble Baby Shower (R)**  Giada hosts a baby shower for her friend, Jocelyn, who is pregnant with identical twin boys. | **PG**  +GIHO05-013+ |

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| 15:30 | **Buddy vs. Duff: It's a Dog's Life (R)**  Buddy Valastro and Duff Goldman put their skills to the test making pies that are delicious and beautiful enough to wow the judges. | **PG**  +BUDD01-003+ |

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| 16:30 | **The Pioneer Woman: Kitchen Confessional: Four Seasons On The Ranch (R)**  Ree Drummond is giving the lowdown on how her life and food change during the different seasons on the ranch. | **PG**  +PIWO12-010+ |

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| 17:00 | **Giada At Home: Muffin Mania (R)**  Giada De Laurentiis is always on the hunt for the perfect corn muffin - perfectly light, fluffy and packed with flavor. | **PG**  +GIHO05-014+ |

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| 17:30 | **The Kitchen: Grillin' And Chillin' (R)**  The Kitchen is grillin' and chillin' for summer. Marcela Valladolid kicks off a triple-threat meal with her Grilled Adobo Rubbed Chicken. | **PG**  +TKIT14-001+ |

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| 18:30 | **Chopped: Mardi Gras Goals (R)**  Get ready for some culinary revelry as four New Orleans chefs take on a Mardi Gras competition. | **PG**  +CHPD35-011+ |

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| 19:30 | **Mystery Diners: Robbed Kabobs (R)**  After noticing a discrepancy in supplies, Ghaith and Tiffany, owners of Dar Salam in Portland, Ore., fear a new Iraqi food card that's competing with their restaurant is related to the problem. | **PG**  +MYSD08-005+ |

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| 20:00 | **Mystery Diners: Behind The Eight Ball (R)**  Kent, owner of Uptown Billiards in Portland, Ore., believes the social media expert he hired to promote his restaurant isn't doing an adequate job. | **PG**  +MYSD08-006+ |

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| 20:30 | **Restaurant: Impossible: In The Pits (R)**  Lynn has owned Bryan's Smokehouse in Lufkin, Texas for 15 years: Business was great at first, but now an oversaturated market and a staff of misfits have put Lynn further and further into debt. | **PG**  +RIMP06-005+ |

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| 21:30 | **Restaurant: Impossible: Muskrat Mayhem (R)**  Chef Robert Irvine travels to Smyrna, Del., to meet three generations of women fighting to keep the Wagon Wheel Family Restaurant open for business. | **PG**  +RIMP06-006+ |

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| 01:00 | **Queensland Weekender (R) ’CC’**  Kip visits the biggest country and roots festival down under. Lee is going under the sea for the first time, Curtis is soaring over the Sunshine Coast, plus we meet the King of Wings. | **G**  +7QWE18-008+ |

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

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 12 (R) ’CC’**  In this special episode we explore the real impacts of the Gold Coast Commonwealth Games, one year on. | **G**  +GDOT19-012+ |

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

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike heads to Norfolk Island. Karen discovers that green is the new black, after dining at two eateries in Sydney's Eastern suburbs which set the scene with green Erica visits Broome. Starring:ERICA DAVIS,KAREN LEDBURY,PETE WELLS,MIKE WHITNEY,TEIGAN NASH | **G**  +7SWE25-033+ |

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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**  +SAWE18-005+ |

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| 04:00 | **Queensland Weekender (R) ’CC’**  Kip visits the biggest country and roots festival down under. Lee is going under the sea for the first time, Curtis is soaring over the Sunshine Coast, plus we meet the King of Wings. | **G**  +7QWE18-008+ |

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

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 12 (R) ’CC’**  In this special episode we explore the real impacts of the Gold Coast Commonwealth Games, one year on. | **G**  +GDOT19-012+ |

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

**Wednesday 18 September 2019**

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| 06:00 | **Restaurant: Impossible: In The Pits (R)**  Lynn has owned Bryan's Smokehouse in Lufkin, Texas for 15 years: Business was great at first, but now an oversaturated market and a staff of misfits have put Lynn further and further into debt. | **PG**  +RIMP06-005+ |

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| 07:00 | **The Pioneer Woman: Kitchen Confessional: Four Seasons On The Ranch (R)**  Ree Drummond is giving the lowdown on how her life and food change during the different seasons on the ranch. | **PG**  +PIWO12-010+ |

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| 07:30 | **The Kitchen: Grillin' And Chillin' (R)**  The Kitchen is grillin' and chillin' for summer. Marcela Valladolid kicks off a triple-threat meal with her Grilled Adobo Rubbed Chicken. | **PG**  +TKIT14-001+ |

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| 08:30 | **Restaurant: Impossible: Muskrat Mayhem (R)**  Chef Robert Irvine travels to Smyrna, Del., to meet three generations of women fighting to keep the Wagon Wheel Family Restaurant open for business. | **PG**  +RIMP06-006+ |

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| 09:30 | **Giada At Home: Muffin Mania (R)**  Giada De Laurentiis is always on the hunt for the perfect corn muffin - perfectly light, fluffy and packed with flavor. | **PG**  +GIHO05-014+ |

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| 10:00 | **Ten Dollar Dinners: Catch Of The Day Cookout (R)**  Melissa d'Arabian takes grilling beyond steaks and burgers with a light fish menu. | **PG**  +TEDD07-008+ |

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| 10:30 | **The Pioneer Woman: Kitchen Confessional: Four Seasons On The Ranch (R)**  Ree Drummond is giving the lowdown on how her life and food change during the different seasons on the ranch. | **PG**  +PIWO12-010+ |

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| 11:00 | **Restaurant: Impossible: In The Pits (R)**  Lynn has owned Bryan's Smokehouse in Lufkin, Texas for 15 years: Business was great at first, but now an oversaturated market and a staff of misfits have put Lynn further and further into debt. | **PG**  +RIMP06-005+ |

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| 12:00 | **The Kitchen: Grillin' And Chillin' (R)**  The Kitchen is grillin' and chillin' for summer. Marcela Valladolid kicks off a triple-threat meal with her Grilled Adobo Rubbed Chicken. | **PG**  +TKIT14-001+ |

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| 13:00 | **Chopped: Mardi Gras Goals (R)**  Get ready for some culinary revelry as four New Orleans chefs take on a Mardi Gras competition. | **PG**  +CHPD35-011+ |

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| 14:00 | **Giada At Home: Muffin Mania (R)**  Giada De Laurentiis is always on the hunt for the perfect corn muffin - perfectly light, fluffy and packed with flavor. | **PG**  +GIHO05-014+ |

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| 14:30 | **Restaurant: Impossible: Muskrat Mayhem (R)**  Chef Robert Irvine travels to Smyrna, Del., to meet three generations of women fighting to keep the Wagon Wheel Family Restaurant open for business. | **PG**  +RIMP06-006+ |

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| 15:30 | **Mystery Diners: Robbed Kabobs (R)**  After noticing a discrepancy in supplies, Ghaith and Tiffany, owners of Dar Salam in Portland, Ore., fear a new Iraqi food card that's competing with their restaurant is related to the problem. | **PG**  +MYSD08-005+ |

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| 16:00 | **Mystery Diners: Behind The Eight Ball (R)**  Kent, owner of Uptown Billiards in Portland, Ore., believes the social media expert he hired to promote his restaurant isn't doing an adequate job. | **PG**  +MYSD08-006+ |

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| 16:30 | **The Pioneer Woman: Four Shades Of Chocolate (R)**  Ree Drummond is whipping up the most decadent chocolate treats from white chocolate all the way down to dark. | **PG**  +PIWO12-011+ |

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| 17:00 | **Giada At Home: Spring Lucheon (R)**  Giada De Laurentiis prepares a festive spring luncheon based on fresh ingredients that celebrate the season. | **PG**  +GIHO05-015+ |

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| 17:30 | **The Kitchen: Burger Bliss (R)**  It's an all-burger bash on The Kitchen as the hosts share their secrets and recipes for building better burgers. | **PG**  +TKIT14-002+ |

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| 18:30 | **Chopped: Cocktail Party (R)**  Shaken, stirred, or chopped? Cheers to a fabulous first: a Chopped cocktail party. | **PG**  +CHPD35-012+ |

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| 19:30 | **Restaurant: Impossible: Soul Searching (R)**  Chef Robert travels to Hagerstown, Md., on a mission to save the Georgia Boy Cafe. The stress of the restaurant is ruining the once loving relationship between owners Chuck and Montez. | **PG**  +RIMP07-006+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: Rococo (R) ’CC’**  Gordon finds a chef caught in a time warp when he tackles a picturesque but largely unfrequented upmarket restaurant in King's Lynn, a traditional market town on the Norfolk coast. | **MA (L)**  +RAKN03-003+ |

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| 21:30 | **Mystery Diners: Secret Pairings (R)**  Food costs are a concern for the owners of "Indulge Bistro and Wine Bar" in Colorado, who discover that some of their employees are hosting their own secret pairing events. | **PG**  +MYSD07-009+ |

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| 22:00 | **Mystery Diners: Vintage Scams (R)**  A dip in sales at "Rock-a-Billies" in Arvada, Colorado, is investigated by Charles and the team, who discover the restaurant staff is breaking multiple rules. | **PG**  +MYSD07-010+ |

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| 22:30 | **Restaurant: Impossible: Soul Searching (R)**  Chef Robert travels to Hagerstown, Md., on a mission to save the Georgia Boy Cafe. The stress of the restaurant is ruining the once loving relationship between owners Chuck and Montez. | **PG**  +RIMP07-006+ |

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| 23:30 | **The Grill Dads: Over-The-Top Comfort NEW EPISODE**  The Grill Dads find out that outrageous food is more fun when it's a mash-up. | **PG**  +GRIL01-010+ |

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| 00:00 | **Chopped: Cocktail Party (R)**  Shaken, stirred, or chopped? Cheers to a fabulous first: a Chopped cocktail party. | **PG**  +CHPD35-012+ |

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| 01:00 | **Ten Dollar Dinners: Catch Of The Day Cookout (R)**  Melissa d'Arabian takes grilling beyond steaks and burgers with a light fish menu. | **PG**  +TEDD07-008+ |

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

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 13 (R) ’CC’**  From perfect Surfers Paradise activities to upcoming music events and the coolest places to eat and drink we have the best of the Gold Coast covered this week. | **G**  +GDOT19-013+ |

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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 visits Sierra Escape in Mudgee. Lea explores the vineyards of Orange. Matt gets the rundown on Seven's new show 'All Together Now' from some of the judges. Starring:ERICA DAVIS,LEA WILSON,MEL SYMONS,MIKE WHITNEY,MATT BASELEY | **G**  +7SWE25-034+ |

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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’**  Lee puts his new dive ticket into practice and meets the Warriors of the Reef. | **G**  +7QWE18-009+ |

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

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 13 (R) ’CC’**  From perfect Surfers Paradise activities to upcoming music events and the coolest places to eat and drink we have the best of the Gold Coast covered this week. | **G**  +GDOT19-013+ |

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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+ |

**Thursday 19 September 2019**

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| 06:00 | **The Grill Dads: Over-The-Top Comfort (R)**  The Grill Dads find out that outrageous food is more fun when it's a mash-up. | **PG**  +GRIL01-010+ |

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| 06:30 | **Ten Dollar Dinners: Saving Quarters In The French Quarter (R)**  Melissa d'Arabian serves up the flavors of New Orleans. Her Po' Boys are brimming with crispy, cornmeal-coated shrimp and tilapia, along a creamy garlic spread, lettuce, and tomatoes. | **PG**  +TEDD07-009+ |

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| 07:00 | **The Pioneer Woman: Four Shades Of Chocolate (R)**  Ree Drummond is whipping up the most decadent chocolate treats from white chocolate all the way down to dark. | **PG**  +PIWO12-011+ |

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| 07:30 | **The Kitchen: Burger Bliss (R)**  It's an all-burger bash on The Kitchen as the hosts share their secrets and recipes for building better burgers. | **PG**  +TKIT14-002+ |

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| 08:30 | **Mystery Diners: Secret Pairings (R)**  Food costs are a concern for the owners of "Indulge Bistro and Wine Bar" in Colorado, who discover that some of their employees are hosting their own secret pairing events. | **PG**  +MYSD07-009+ |

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| 09:00 | **Mystery Diners: Vintage Scams (R)**  A dip in sales at "Rock-a-Billies" in Arvada, Colorado, is investigated by Charles and the team, who discover the restaurant staff is breaking multiple rules. | **PG**  +MYSD07-010+ |

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| 09:30 | **Giada At Home: Spring Lucheon (R)**  Giada De Laurentiis prepares a festive spring luncheon based on fresh ingredients that celebrate the season. | **PG**  +GIHO05-015+ |

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| 10:00 | **Ten Dollar Dinners: Saving Quarters In The French Quarter (R)**  Melissa d'Arabian serves up the flavors of New Orleans. Her Po' Boys are brimming with crispy, cornmeal-coated shrimp and tilapia, along a creamy garlic spread, lettuce, and tomatoes. | **PG**  +TEDD07-009+ |

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| 10:30 | **The Pioneer Woman: Four Shades Of Chocolate (R)**  Ree Drummond is whipping up the most decadent chocolate treats from white chocolate all the way down to dark. | **PG**  +PIWO12-011+ |

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| 11:00 | **The Grill Dads: Over-The-Top Comfort (R)**  The Grill Dads find out that outrageous food is more fun when it's a mash-up. | **PG**  +GRIL01-010+ |

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| 11:30 | **Ten Dollar Dinners: Swine And Dine (R)**  Melissa d'Arabian makes a crowd-pleasing Southern meal that stays pleasingly under budget. | **PG**  +TEDD07-010+ |

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| 12:00 | **The Kitchen: Burger Bliss (R)**  It's an all-burger bash on The Kitchen as the hosts share their secrets and recipes for building better burgers. | **PG**  +TKIT14-002+ |

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| 13:00 | **Chopped: Cocktail Party (R)**  Shaken, stirred, or chopped? Cheers to a fabulous first: a Chopped cocktail party. | **PG**  +CHPD35-012+ |

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| 14:00 | **Giada At Home: Spring Lucheon (R)**  Giada De Laurentiis prepares a festive spring luncheon based on fresh ingredients that celebrate the season. | **PG**  +GIHO05-015+ |

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| 14:30 | **Restaurant: Impossible: Soul Searching (R)**  Chef Robert travels to Hagerstown, Md., on a mission to save the Georgia Boy Cafe. The stress of the restaurant is ruining the once loving relationship between owners Chuck and Montez. | **PG**  +RIMP07-006+ |

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| 15:30 | **Mystery Diners: Secret Pairings (R)**  Food costs are a concern for the owners of "Indulge Bistro and Wine Bar" in Colorado, who discover that some of their employees are hosting their own secret pairing events. | **PG**  +MYSD07-009+ |

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| 16:00 | **Mystery Diners: Vintage Scams (R)**  A dip in sales at "Rock-a-Billies" in Arvada, Colorado, is investigated by Charles and the team, who discover the restaurant staff is breaking multiple rules. | **PG**  +MYSD07-010+ |

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| 16:30 | **The Pioneer Woman: Special Day (R)**  Ree Drummond's daughter Paige is spending the day watching some of the younger kids, so Ree packs them some fun treats for a late-afternoon picnic. | **PG**  +PIWO12-012+ |

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| 17:00 | **Giada At Home: Mexican Fiesta (R)**  Giada De Laurentiis takes inspiration from L.A.'s great Mexican food, hosting a Mexican feast for friends and preparing a menu of modern Mexican dishes. | **PG**  +GIHO05-016+ |

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| 17:30 | **The Kitchen: Down Home Cooking (R)**  The Kitchen is embracing down home country cooking, starting with Katie Lee's Low Country Seafood Boil and Geoffrey Zakarian's Summer Succotash. | **PG**  +TKIT14-003+ |

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| 18:30 | **Chopped: Clock Shock (R)**  The chefs get some gorgeous crustaceans and a fancy pasta in the first basket, and the clock surprises them with its speed. | **PG**  +CHPD35-013+ |

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| 19:30 | **Ramsay's Kitchen Nightmares USA: Zayna Flaming Grill - Part 1 (R) ’CC’**  Chef Gordon Ramsay travels to Redondo Beach, CA, to visit Zayna Flaming Grill, a Mediterranean restaurant owned and operated by aunt-and-niece duo Faye and Brenda. | **M (L)**  +KNUS07-007+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: D Place (R) ’CC’**  The venue for tonight is D-Place in Chelmsford, run by Mexican-born Israel and his English partner Tara. The plastic food is dire and boomerangs back from the dining room as soon as it's cooked. | **MA (L)**  +RAKN02-002+ |

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| 21:30 | **Ramsay's Kitchen Nightmares: Lanterna (R) ’CC’**  Gordon travels to Lanterna, an Italian restaurant which in in desperate need of help. It has no customers, cookers that don't work and an expensive menu that's as authentically Italian as spag bol. | **MA (L)**  +RAKN02-001+ |

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

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| 23:30 | **Chopped: Clock Shock (R)**  The chefs get some gorgeous crustaceans and a fancy pasta in the first basket, and the clock surprises them with its speed. | **PG**  +CHPD35-013+ |

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

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| 01:00 | **Queensland Weekender (R) ’CC’**  Bridget visits an island that is like something out of Jurassic Park, Liz enjoys a thrill ride of a different kind, Curtis swaps the rolling 'blue' for rolling 'green' and Duane learns how to fly. | **G**  +7QWE18-010+ |

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

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 14 (R) ’CC’**  The Great Day Out is people, places and friendly faces; it is at the very heart of Queensland and special guest celebrities will invite you along on their Great Day Out. | **G**  +GDOT19-014+ |

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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 visits the South Coast, and goes on a kayak trip with Total Eco Adventures. Fliss goes to Tilba for an insight into indigenous culture. Mel is in the Murrumbateman for a weekend of exploring. Starring:ERICA DAVIS,FELICITY URQUHART,SALLY STANTON,MEL SYMONS,MIKE WHITNEY | **G**  +7SWE25-035+ |

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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**  +SAWE18-007+ |

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| 04:00 | **Queensland Weekender (R) ’CC’**  Bridget visits an island that is like something out of Jurassic Park, Liz enjoys a thrill ride of a different kind, Curtis swaps the rolling 'blue' for rolling 'green' and Duane learns how to fly. | **G**  +7QWE18-010+ |

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

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 14 (R) ’CC’**  The Great Day Out is people, places and friendly faces; it is at the very heart of Queensland and special guest celebrities will invite you along on their Great Day Out. | **G**  +GDOT19-014+ |

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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+ |

**Friday 20 September 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike visits the South Coast, and goes on a kayak trip with Total Eco Adventures. Fliss goes to Tilba for an insight into indigenous culture. Mel is in the Murrumbateman for a weekend of exploring. Starring:ERICA DAVIS,FELICITY URQUHART,SALLY STANTON,MEL SYMONS,MIKE WHITNEY | **G**  +7SWE25-035+ |

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| 06:30 | **Ten Dollar Dinners: Swine And Dine (R)**  Melissa d'Arabian makes a crowd-pleasing Southern meal that stays pleasingly under budget. | **PG**  +TEDD07-010+ |

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| 07:00 | **The Pioneer Woman: Special Day (R)**  Ree Drummond's daughter Paige is spending the day watching some of the younger kids, so Ree packs them some fun treats for a late-afternoon picnic. | **PG**  +PIWO12-012+ |

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| 07:30 | **The Kitchen: Down Home Cooking (R)**  The Kitchen is embracing down home country cooking, starting with Katie Lee's Low Country Seafood Boil and Geoffrey Zakarian's Summer Succotash. | **PG**  +TKIT14-003+ |

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| 08:30 | **Rachael Ray's Week In A Day: Back To The Grind (R)**  Rachael proves that ground meat can do so much more than burgers. | **PG**  +WIAD03-009+ |

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| 09:30 | **Giada At Home: Mexican Fiesta (R)**  Giada De Laurentiis takes inspiration from L.A.'s great Mexican food, hosting a Mexican feast for friends and preparing a menu of modern Mexican dishes. | **PG**  +GIHO05-016+ |

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| 10:00 | **Ten Dollar Dinners: Swine And Dine (R)**  Melissa d'Arabian makes a crowd-pleasing Southern meal that stays pleasingly under budget. | **PG**  +TEDD07-010+ |

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| 10:30 | **The Pioneer Woman: Special Day (R)**  Ree Drummond's daughter Paige is spending the day watching some of the younger kids, so Ree packs them some fun treats for a late-afternoon picnic. | **PG**  +PIWO12-012+ |

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| 11:00 | **Rachael Ray's Week In A Day: Back To The Grind (R)**  Rachael proves that ground meat can do so much more than burgers. | **PG**  +WIAD03-009+ |

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| 12:00 | **The Kitchen: Down Home Cooking (R)**  The Kitchen is embracing down home country cooking, starting with Katie Lee's Low Country Seafood Boil and Geoffrey Zakarian's Summer Succotash. | **PG**  +TKIT14-003+ |

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| 13:00 | **Chopped: Clock Shock (R)**  The chefs get some gorgeous crustaceans and a fancy pasta in the first basket, and the clock surprises them with its speed. | **PG**  +CHPD35-013+ |

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| 14:00 | **Giada At Home: Mexican Fiesta (R)**  Giada De Laurentiis takes inspiration from L.A.'s great Mexican food, hosting a Mexican feast for friends and preparing a menu of modern Mexican dishes. | **PG**  +GIHO05-016+ |

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| 14:30 | **Rachael Ray's Week In A Day: Back To The Grind (R)**  Rachael proves that ground meat can do so much more than burgers. | **PG**  +WIAD03-009+ |

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| 15:30 | **Giada At Home: An Apple a Day (R)**  With Giada De Laurentiis. Giada shares 3 amazing recipes with America's favorite fruit. | **PG**  +GIHO05-017+ |

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| 16:00 | **The Pioneer Woman: Feeding 101 (R)**  While Ree Drummond's husband, Ladd, gives a lesson on feeding the ranch's cattle, Ree's in the kitchen cooking up three comforting make-ahead meals. | **PG**  +PIWO12-013+ |

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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**  +HOWL03-030+ |

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| 17:30 | **The Kitchen: Perfect Plate Of Summer (R)**  Summer foods are in the spotlight as The Kitchen creates a perfect plate of summer favorites. Sunny Anderson makes her London Broil with Tomato and Fennel. | **PG**  +TKIT14-004+ |

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| 18:30 | **Chopped: Espresso Express (R)**  The chefs get a jolt of energy in the first basket in the form of ground espresso, but can they quickly make coffee click with the rest of the ingredients? | **PG**  +CHPD35-014+ |

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| 19:30 | **Bizarre Foods With Andrew Zimmern: Sardinia (R)**  Andrew visits Sardinia, an island where people still live on distinctive, traditional foods unlike anything Andrew has ever tasted before. He experiences the true flavor of this unique culture. | **PG (A)**  +BIFO04-018+ |

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| 20:30 | **Mystery Diners: Partner In Crime (R)**  The owner of the "Black Rose Tavern" in Los Angeles is worried that someone is taking advantage of her, but needs Charles and the team to figure out who. | **PG**  +MYSD07-011+ |

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| 21:00 | **Mystery Diners: Cafe Coup (R)**  The new owners of "Cafe Aldente" in California, worry that the staff they inherited are still practicing old policies, and so they ask Charles and his team to observe their employees in action. | **PG**  +MYSD07-012+ |

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| 21:30 | **Food Obsessed: Franks for the Memories NEW EPISODE**  Who needs a hamburger when you can have a hot dog? Food obsessed is searching high and low for hot dogs, frankfurters and sausages that will blow your mind. | **PG**  +FOOB01-005+ |

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| 22:00 | **Food Obsessed: How We Roll NEW EPISODE**  From spring rolls and dinner rolls to rolling dough and rolling out the barrel, you won't believe what mouthwatering food is coming next. But hey, that's just how Food Obsessed rolls. | **PG**  +FOOB01-006+ |

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| 22:30 | **Mystery Diners: Partner In Crime (R)**  The owner of the "Black Rose Tavern" in Los Angeles is worried that someone is taking advantage of her, but needs Charles and the team to figure out who. | **PG**  +MYSD07-011+ |

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| 23:00 | **Mystery Diners: Cafe Coup (R)**  The new owners of "Cafe Aldente" in California, worry that the staff they inherited are still practicing old policies, and so they ask Charles and his team to observe their employees in action. | **PG**  +MYSD07-012+ |

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| 23:30 | **Cutthroat Kitchen: Superstar Sabotage: Finale (R)**  The "Superstar Sabotage" finale features curveballs that include prepping in a ball pit, cooking on a moving boat ride, and the notorious miniature kitchen. | **PG**  +CUTK05-012+ |

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| 00:30 | **Chopped: Espresso Express (R)**  The chefs get a jolt of energy in the first basket in the form of ground espresso, but can they quickly make coffee click with the rest of the ingredients? | **PG**  +CHPD35-014+ |

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

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 15 (R) ’CC’**  Today the team is tasting their way around Queensland. | **G**  +GDOT19-015+ |

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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 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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| 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’**  It's an unmissable journey into the heart of Queensland. This epic outback adventure takes in the best of the west from big skies, to big stars at Winton's Way Out West Fest. | **G**  +7QWE18-011+ |

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| 04:30 | **Creek To Coast (R) ’CC’**  Scotty teams up with cricket legends Geoff Marsh and Kim Hughes, and young guns Simon Mackin and Piepa Cleary to explore the boating, camping and fishing offerings in Western Australia. | **G**  +7CTC18-041+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 15 (R) ’CC’**  Today the team is tasting their way around Queensland. | **G**  +GDOT19-015+ |

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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+ |

**Saturday 21 September 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 | **Better Homes And Gardens (R) ’CC’**  Homes and gardens come alive in this lifestyle show packed full of home decorating tips, recipes, craft ideas, DIY projects and how tos. | **G**  +BHAG25-033+ |

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| 08:00 | **The Pioneer Woman: Feeding 101 (R)**  While Ree Drummond's husband, Ladd, gives a lesson on feeding the ranch's cattle, Ree's in the kitchen cooking up three comforting make-ahead meals. | **PG**  +PIWO12-013+ |

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| 08:30 | **The Kitchen: Perfect Plate Of Summer (R)**  Summer foods are in the spotlight as The Kitchen creates a perfect plate of summer favorites. Sunny Anderson makes her London Broil with Tomato and Fennel. | **PG**  +TKIT14-004+ |

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| 09:30 | **Bizarre Foods With Andrew Zimmern: Sardinia (R)**  Andrew visits Sardinia, an island where people still live on distinctive, traditional foods unlike anything Andrew has ever tasted before. He experiences the true flavor of this unique culture. | **PG (A)**  +BIFO04-018+ |

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| 10:30 | **Cutthroat Kitchen: Superstar Sabotage: Finale (R)**  The "Superstar Sabotage" finale features curveballs that include prepping in a ball pit, cooking on a moving boat ride, and the notorious miniature kitchen. | **PG**  +CUTK05-012+ |

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| 11:30 | **Chopped: Amped For Ramps (R)**  The competitors find a prized member of the onion family in the first basket, ramps. But will the flavourful wild leeks play nicely with the other mandatory ingredients? | **PG**  +CHPD35-015+ |

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| 12:30 | **Food Obsessed: Franks for the Memories (R)**  Who needs a hamburger when you can have a hot dog? Food obsessed is searching high and low for hot dogs, frankfurters and sausages that will blow your mind. | **PG**  +FOOB01-005+ |

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| 13:00 | **Food Obsessed: How We Roll (R)**  From spring rolls and dinner rolls to rolling dough and rolling out the barrel, you won't believe what mouthwatering food is coming next. But hey, that's just how Food Obsessed rolls. | **PG**  +FOOB01-006+ |

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| 13:30 | **Bizarre Foods With Andrew Zimmern: Sardinia (R)**  Andrew visits Sardinia, an island where people still live on distinctive, traditional foods unlike anything Andrew has ever tasted before. He experiences the true flavor of this unique culture. | **PG (A)**  +BIFO04-018+ |

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| 14:30 | **The Pioneer Woman: Feeding 101 (R)**  While Ree Drummond's husband, Ladd, gives a lesson on feeding the ranch's cattle, Ree's in the kitchen cooking up three comforting make-ahead meals. | **PG**  +PIWO12-013+ |

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| 15:00 | **The Kitchen: Perfect Plate Of Summer (R)**  Summer foods are in the spotlight as The Kitchen creates a perfect plate of summer favorites. Sunny Anderson makes her London Broil with Tomato and Fennel. | **PG**  +TKIT14-004+ |

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| 16:00 | **Cutthroat Kitchen: Superstar Sabotage: Finale (R)**  The "Superstar Sabotage" finale features curveballs that include prepping in a ball pit, cooking on a moving boat ride, and the notorious miniature kitchen. | **PG**  +CUTK05-012+ |

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| 17:00 | **Food Obsessed: Franks for the Memories (R)**  Who needs a hamburger when you can have a hot dog? Food obsessed is searching high and low for hot dogs, frankfurters and sausages that will blow your mind. | **PG**  +FOOB01-005+ |

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| 17:30 | **Food Obsessed: How We Roll (R)**  From spring rolls and dinner rolls to rolling dough and rolling out the barrel, you won't believe what mouthwatering food is coming next. But hey, that's just how Food Obsessed rolls. | **PG**  +FOOB01-006+ |

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| 18:00 | **Mystery Diners: Partner In Crime (R)**  The owner of the "Black Rose Tavern" in Los Angeles is worried that someone is taking advantage of her, but needs Charles and the team to figure out who. | **PG**  +MYSD07-011+ |

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| 18:30 | **Mystery Diners: Cafe Coup (R)**  The new owners of "Cafe Aldente" in California, worry that the staff they inherited are still practicing old policies, and so they ask Charles and his team to observe their employees in action. | **PG**  +MYSD07-012+ |

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| 19:00 | **Around The World With Manu: UK (R)**  With some rare spare time on his hands, Manu Feildel decides to follow his dream of circumnavigating the world, on AUS$20,000 in 30 days. Can he do it? | **PG**  +AWWM01-001+ |

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| 20:00 | **Anh Does Vietnam (R) ’CC’**  Anh rents a motorcycle to explore central Vietnam and the Vietnamese fascination with Luck. After cooking up snails and meeting the mausoleum of Ho Chi Minh, Anh ends his journey helping at a local school. | **PG**  +ANDV-002+ |

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| 21:00 | **Restaurant: Impossible: Ungratifying (R)**  Chef Robert Irvine is in Houston, Texas, for his latest mission, to help turn around Kevin's restaurant, gratifying kitchen and bar. | **PG**  +RIMP08-005+ |

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| 22:00 | **Restaurant: Impossible: Face The Music (R)**  Chef Robert Irvine is in Oklahoma City to help Chaya and Michael, the owners of Urban Roots, a failing restaurant and entertainment venue. | **PG**  +RIMP08-006+ |

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| 23:00 | **Around The World With Manu: UK (R)**  With some rare spare time on his hands, Manu Feildel decides to follow his dream of circumnavigating the world, on AUS$20,000 in 30 days. Can he do it? | **PG**  +AWWM01-001+ |

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| 00:00 | **Anh Does Vietnam (R) ’CC’**  Anh rents a motorcycle to explore central Vietnam and the Vietnamese fascination with Luck. After cooking up snails and meeting the mausoleum of Ho Chi Minh, Anh ends his journey helping at a local school. | **PG**  +ANDV-002+ |

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| 01:00 | **The Grill Dads: Over-The-Top Comfort (R)**  The Grill Dads find out that outrageous food is more fun when it's a mash-up. | **PG**  +GRIL01-010+ |

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

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 16 (R) ’CC’**  Luke discovers what's shaking at the Cooly Rocks On Nostalgia Festival. Nova funny man Luttsy shares his Great Day Out, while Tamsyn is on a pet friendly weekend away. | **G**  +GDOT19-016+ |

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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’**  Mike finds a piece of paradise on Norfolk Island. Karen tries drag racing at Thunder 400. Beck and Jason visit a retro-inspired Chromefest 2018 at The Entrance. Starring:BECK STEVENS,JASON STEVENS,ERICA DAVIS,FELICITY URQUHART,KAREN LEDBURY,MIKE WHITNEY | **G**  +7SWE25-037+ |

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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’**  Opa! Kip is embracing all things Greek which means dancing, feasting and smashing of plates! | **G**  +7QWE18-012+ |

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

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 16 (R) ’CC’**  Luke discovers what's shaking at the Cooly Rocks On Nostalgia Festival. Nova funny man Luttsy shares his Great Day Out, while Tamsyn is on a pet friendly weekend away. | **G**  +GDOT19-016+ |

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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+ |