**Sunday 17 February 2019**

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| 06:00 | **TBA:**  TBC | ++ |

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| 08:00 | **Around The World With Manu: India (R)**  Manu's travels in Dubai were incredible, but it's time to get serious with his journey and make tracks. A short flight to Mumbai, and he is in India for the first time in his life. | **PG**  +AWWM01-003+ |

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| 09:00 | **Rachael Ray's Week In A Day: Meatlovers' Lane (R)**  A whole week's worth of meals that no meat lover can resist. | **PG**  +WIAD03-003+ |

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| 10:00 | **Throwdown With Bobby Flay: Boston Cream Pie (R)**  Impressing a Boston crowd with a pie of their own will be one of Bobby Flay's biggest challenges yet. With so many battles fought in Boston, this throwdown may be one for the record books. | **PG**  +TWBF09-008+ |

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| 10:30 | **Iron Chef America: Flay / Valladolid vs. Morimoto / Zimmern (R)**  Two Iron Chefs are teamed up with special guests in this battle, using the special ingredient of salmon. | **PG**  +ICAM10-006+ |

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| 11:30 | **Iron Chef America: Symon vs. Nunez (R)**  Iron Chef Michael Symon faces off against challenger Jesus Nunez. | **PG**  +ICAM10-007+ |

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| 12:30 | **Rachael Ray's Week In A Day: Meatlovers' Lane (R)**  A whole week's worth of meals that no meat lover can resist. | **PG**  +WIAD03-003+ |

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

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| 14:30 | **Around The World With Manu: India (R)**  Manu's travels in Dubai were incredible, but it's time to get serious with his journey and make tracks. A short flight to Mumbai, and he is in India for the first time in his life. | **PG**  +AWWM01-003+ |

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| 15:30 | **Throwdown With Bobby Flay: Boston Cream Pie (R)**  Impressing a Boston crowd with a pie of their own will be one of Bobby Flay's biggest challenges yet. With so many battles fought in Boston, this throwdown may be one for the record books. | **PG**  +TWBF09-008+ |

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| 16:00 | **Iron Chef America: Flay / Valladolid vs. Morimoto / Zimmern (R)**  Two Iron Chefs are teamed up with special guests in this battle, using the special ingredient of salmon. | **PG**  +ICAM10-006+ |

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| 17:00 | **Iron Chef America: Symon vs. Nunez (R)**  Iron Chef Michael Symon faces off against challenger Jesus Nunez. | **PG**  +ICAM10-007+ |

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| 18:00 | **Kid's Baking Championship: Unicornucopia (R)**  Duff Goldman and Valerie Bertinelli challenge the eight kid bakers to use their imaginations to create a unicorn cake that illustrates a specific emotion. | **PG**  +KBAC04-006+ |

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

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| 19:30 | **Cake Wars: Teenage Mutant Ninja Turtles (R) NEW EPISODE**  Four master bakers take on Leonardo, Michelangelo, Donatello and Raphael to have their cake at the center of a party celebrating the Teenage Mutant Ninja Turtles and take home $10,000. | **PG**  +CAKW04-012+ |

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| 20:30 | **Sweet Genius: Global Genius NEW EPISODE**  The chefs are encouraged to think globally in the second test. | **PG**  +SWEG01-002+ |

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| 21:30 | **Cupcake Wars: Cupcake Champions: Glee NEW EPISODE**  Our bakers must be in perfect pitch if they want to win the chance to serve their champion cupcakes at a cast and crew party for one of the most popular shows on TV, Fox's Glee. | **PG**  +CUPW06-003+ |

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| 22:30 | **Ridiculous Cakes: A Knight's Tale (R)**  One cake artist faces an epic battle to deliver a king-sized cake to Medieval Times. A motorcycle cake actually motors, and an animal sanctuary takes a walk on the sweet side. | **PG**  +RICA02-012+ |

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| 23:00 | **Kid's Baking Championship: Unicornucopia (R)**  Duff Goldman and Valerie Bertinelli challenge the eight kid bakers to use their imaginations to create a unicorn cake that illustrates a specific emotion. | **PG**  +KBAC04-006+ |

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| 00:00 | **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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| 00:30 | **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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| 01:00 | **The Great Day Out (R) ’CC’**  Sofie is on a self-guided adventure following one of Queensland’s Big Sky Country Drive itineraries. | **G**  +GDOT18-035+ |

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| 01:30 | **Creek To Coast (R) ’CC’**  This week, Sally is on the water at Moreton Island, Olivia is underwater on the Tangalooma Wrecks, and Scotty is on dam water, on the hunt for an elusive one metre barra. | **G**  +7CTC18-013+ |

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| 02:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-001+ |

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| 02:30 | **Home In WA**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-017+ |

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| 03:00 | **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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| 03:30 | **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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| 04:00 | **The Great Day Out (R) ’CC’**  Sofie is on a self-guided adventure following one of Queensland’s Big Sky Country Drive itineraries. | **G**  +GDOT18-035+ |

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| 05:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-001+ |

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| 05:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-017+ |

**Monday 18 February 2019**

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| 06:00 | **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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| 06:30 | **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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| 07:00 | **The Great Day Out (R) ’CC’**  Sofie is on a self-guided adventure following one of Queensland’s Big Sky Country Drive itineraries. | **G**  +GDOT18-035+ |

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| 07:30 | **Cake Wars: Teenage Mutant Ninja Turtles (R)**  Four master bakers take on Leonardo, Michelangelo, Donatello and Raphael to have their cake at the center of a party celebrating the Teenage Mutant Ninja Turtles and take home $10,000. | **PG**  +CAKW04-012+ |

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| 08:30 | **Sweet Genius: Global Genius (R)**  The chefs are encouraged to think globally in the second test. | **PG**  +SWEG01-002+ |

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| 09:30 | **Cupcake Wars: Cupcake Champions: Glee (R)**  Our bakers must be in perfect pitch if they want to win the chance to serve their champion cupcakes at a cast and crew party for one of the most popular shows on TV, Fox's Glee. | **PG**  +CUPW06-003+ |

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

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| 12:00 | **Cake Wars: Teenage Mutant Ninja Turtles (R)**  Four master bakers take on Leonardo, Michelangelo, Donatello and Raphael to have their cake at the center of a party celebrating the Teenage Mutant Ninja Turtles and take home $10,000. | **PG**  +CAKW04-012+ |

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| 13:00 | **Cupcake Wars: Cupcake Champions: Glee (R)**  Our bakers must be in perfect pitch if they want to win the chance to serve their champion cupcakes at a cast and crew party for one of the most popular shows on TV, Fox's Glee. | **PG**  +CUPW06-003+ |

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| 14:00 | **Giada At Home: Kids In The Kitchen (R)**  Giada de Laurentiis is joined in the kitchen by her daughter and her friends for a kids' cooking class. The kid-friendly menu features Pizza Popcorn and Green Spears and Ham. | **PG**  +GIHO07-001+ |

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| 14:30 | **The Kitchen: Friendsgiving Feast (R)**  The Kitchen hosts a star-studded Friendsgiving feast with Food Network friends Ree Drummond, Eddie Jackson and Trisha Yearwood. | **PG**  +TKIT15-005+ |

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| 15:30 | **The Pioneer Woman: For Pete's Sake (R)**  Cowboy Pete's had a long, hard summer working on the farm, so Ree Drummond is making a Tex-Mex dinner to thank him and his family. | **PG**  +PIWO12-008+ |

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| 16:00 | **Sweet Genius: Global Genius (R)**  The chefs are encouraged to think globally in the second test. | **PG**  +SWEG01-002+ |

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| 17:00 | **Kid's Baking Championship: Unicornucopia (R)**  Duff Goldman and Valerie Bertinelli challenge the eight kid bakers to use their imaginations to create a unicorn cake that illustrates a specific emotion. | **PG**  +KBAC04-006+ |

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| 18:00 | **Ridiculous Cakes: A Knight's Tale (R)**  One cake artist faces an epic battle to deliver a king-sized cake to Medieval Times. A motorcycle cake actually motors, and an animal sanctuary takes a walk on the sweet side. | **PG**  +RICA02-012+ |

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| 18:30 | **Chopped: Hot Doggin' NEW EPISODE**  The chefs cook with hot dogs. Other mystery basket items include an uncommon condiment in the appetizer round; and a problematic and tiny ingredient in the entrée round. | **PG**  +CHPD29-003+ |

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| 19:30 | **Kid's Baking Championship: Lunchbox Impostors NEW EPISODE**  Valerie Bertinelli and Duff Goldman have fond memories of the lunches they took to school as kids, so they're challenging the six kid bakers to look at lunch in a new way. | **PG**  +KBAC04-007+ |

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| 20:30 | **Spring Baking Championship: Memorial Day Delights (R)**  The three finalists must create red, white and blue American flag cakes; one of the bakers will win $50,000. | **PG**  +SPBC03-007+ |

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| 21:30 | **Spring Baking Championship: Berry Naked**  To start, berries are off-limits during a shortcake makeover; and later, the eight competing bakers must create a berry tasty naked cake. | **PG**  +SPBC02-001+ |

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| 22:30 | **Kid's Baking Championship: Lunchbox Impostors (R)**  Valerie Bertinelli and Duff Goldman have fond memories of the lunches they took to school as kids, so they're challenging the six kid bakers to look at lunch in a new way. | **PG**  +KBAC04-007+ |

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| 23:30 | **Chopped: Hot Doggin' (R)**  The chefs cook with hot dogs. Other mystery basket items include an uncommon condiment in the appetizer round; and a problematic and tiny ingredient in the entrée round. | **PG**  +CHPD29-003+ |

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| 00:30 | **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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| 01:00 | **The Great Day Out (R) ’CC’**  Jill unleashes her creative side. Laurel is in a town, rich in history. Paralympic swimmer Karni Liddell shares her Great Day Out, while Sofie is visiting some innovative and passionate producers. | **G**  +GDOT18-036+ |

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| 01:30 | **Creek To Coast (R) ’CC’**  Roger goes snorkelling safari style, Scott teams up with local father-son duo and Olivia has an amazing yabby hack. | **G**  +7CTC18-014+ |

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| 02:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-002+ |

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| 02:30 | **Home In WA**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-018+ |

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| 03:00 | **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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| 03:30 | **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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| 04:00 | **The Great Day Out (R) ’CC’**  Jill unleashes her creative side. Laurel is in a town, rich in history. Paralympic swimmer Karni Liddell shares her Great Day Out, while Sofie is visiting some innovative and passionate producers. | **G**  +GDOT18-036+ |

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| 04:30 | **Creek To Coast (R) ’CC’**  Roger goes snorkelling safari style, Scott teams up with local father-son duo and Olivia has an amazing yabby hack. | **G**  +7CTC18-014+ |

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| 05:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-002+ |

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| 05:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-018+ |

**Tuesday 19 February 2019**

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| 06:00 | **Queensland Weekender (R) ’CC’**  Sammie's on a spectacular journey through the state's south-west, from surfing dunes, to desert golf and Outback Olympics. | **G**  +7QWE18-039+ |

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| 06:30 | **The Pioneer Woman: For Pete's Sake (R)**  Cowboy Pete's had a long, hard summer working on the farm, so Ree Drummond is making a Tex-Mex dinner to thank him and his family. | **PG**  +PIWO12-008+ |

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| 07:00 | **Giada At Home: Kids In The Kitchen (R)**  Giada de Laurentiis is joined in the kitchen by her daughter and her friends for a kids' cooking class. The kid-friendly menu features Pizza Popcorn and Green Spears and Ham. | **PG**  +GIHO07-001+ |

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| 07:30 | **The Kitchen: Friendsgiving Feast (R)**  The Kitchen hosts a star-studded Friendsgiving feast with Food Network friends Ree Drummond, Eddie Jackson and Trisha Yearwood. | **PG**  +TKIT15-005+ |

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| 08:30 | **Kid's Baking Championship: Lunchbox Impostors (R)**  Valerie Bertinelli and Duff Goldman have fond memories of the lunches they took to school as kids, so they're challenging the six kid bakers to look at lunch in a new way. | **PG**  +KBAC04-007+ |

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| 09:30 | **Spring Baking Championship: Memorial Day Delights (R)**  The three finalists must create red, white and blue American flag cakes; one of the bakers will win $50,000. | **PG**  +SPBC03-007+ |

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

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| 12:00 | **Giada At Home: Kids In The Kitchen (R)**  Giada de Laurentiis is joined in the kitchen by her daughter and her friends for a kids' cooking class. The kid-friendly menu features Pizza Popcorn and Green Spears and Ham. | **PG**  +GIHO07-001+ |

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| 12:30 | **Kid's Baking Championship: Lunchbox Impostors (R)**  Valerie Bertinelli and Duff Goldman have fond memories of the lunches they took to school as kids, so they're challenging the six kid bakers to look at lunch in a new way. | **PG**  +KBAC04-007+ |

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| 13:30 | **Chopped: Hot Doggin' (R)**  The chefs cook with hot dogs. Other mystery basket items include an uncommon condiment in the appetizer round; and a problematic and tiny ingredient in the entrée round. | **PG**  +CHPD29-003+ |

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| 14:30 | **The Kitchen: Turkey Day Tricks (R)**  The Kitchen hosts give away their best Turkey Day tricks and recipes including Geoffrey Zakarian's Bone-In Turkey Breast with Lemon Caper Sauce. | **PG**  +TKIT15-006+ |

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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 | **Giada At Home: Giada's Vegas Favorites (R)**  Giada De Laurentiis makes a handful of recipes from her new restaurant in Las Vegas. The dishes are Italian with a California twist, like Chicken Marsala Meatballs. | **PG**  +GIHO07-002+ |

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| 16:30 | **Spring Baking Championship: Memorial Day Delights (R)**  The three finalists must create red, white and blue American flag cakes; one of the bakers will win $50,000. | **PG**  +SPBC03-007+ |

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| 17:30 | **Spring Baking Championship: Berry Naked (R)**  To start, berries are off-limits during a shortcake makeover; and later, the eight competing bakers must create a berry tasty naked cake. | **PG**  +SPBC02-001+ |

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| 18:30 | **Chopped: Souper Chefs NEW EPISODE**  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 | **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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| 20:00 | **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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| 20:30 | **Restaurant: Impossible: Clueless In The Country NEW EPISODE**  Chef Robert Irvine may have met one of the most clueless owners he's encountered at Heather's Country Kitchen. | **PG**  +RIMP07-010+ |

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| 21:30 | **Restaurant: Impossible: Monkey Business NEW EPISODE**  When Chef Robert Irvine first sees the Spunky Monkey Bar & Grill in Auburn, Wash., he's appalled by the restaurant's condition. | **PG**  +RIMP07-011+ |

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| 22:30 | **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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| 23:00 | **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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| 23:30 | **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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| 00:30 | **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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| 01:00 | **The Great Day Out (R) ’CC’**  Laurel checks out Queensland's first library of things, Courtney enjoys some old-fashioned fun at The Ginger Factory while Sofie is in paradise, just off the coast of Brisbane. | **G**  +GDOT18-037+ |

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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 | **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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| 02:30 | **Home In WA**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-019+ |

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| 03:00 | **Queensland Weekender (R) ’CC’**  Victoria is on the ultimate eco experience. | **G**  +7QWE18-040+ |

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| 03:30 | **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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| 04:00 | **The Great Day Out (R) ’CC’**  Laurel checks out Queensland's first library of things, Courtney enjoys some old-fashioned fun at The Ginger Factory while Sofie is in paradise, just off the coast of Brisbane. | **G**  +GDOT18-037+ |

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| 05:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-003+ |

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| 05:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-019+ |

**Wednesday 20 February 2019**

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| 06:00 | **Queensland Weekender (R) ’CC’**  Victoria is on the ultimate eco experience. | **G**  +7QWE18-040+ |

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| 06:30 | **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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| 07:00 | **Giada At Home: Giada's Vegas Favorites (R)**  Giada De Laurentiis makes a handful of recipes from her new restaurant in Las Vegas. The dishes are Italian with a California twist, like Chicken Marsala Meatballs. | **PG**  +GIHO07-002+ |

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| 07:30 | **The Kitchen: Turkey Day Tricks (R)**  The Kitchen hosts give away their best Turkey Day tricks and recipes including Geoffrey Zakarian's Bone-In Turkey Breast with Lemon Caper Sauce. | **PG**  +TKIT15-006+ |

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| 08:30 | **Restaurant: Impossible: Clueless In The Country (R)**  Chef Robert Irvine may have met one of the most clueless owners he's encountered at Heather's Country Kitchen. | **PG**  +RIMP07-010+ |

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| 09:30 | **Restaurant: Impossible: Monkey Business (R)**  When Chef Robert Irvine first sees the Spunky Monkey Bar & Grill in Auburn, Wash., he's appalled by the restaurant's condition. | **PG**  +RIMP07-011+ |

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

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| 12:00 | **Giada At Home: Giada's Vegas Favorites (R)**  Giada De Laurentiis makes a handful of recipes from her new restaurant in Las Vegas. The dishes are Italian with a California twist, like Chicken Marsala Meatballs. | **PG**  +GIHO07-002+ |

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| 12:30 | **Restaurant: Impossible: Clueless In The Country (R)**  Chef Robert Irvine may have met one of the most clueless owners he's encountered at Heather's Country Kitchen. | **PG**  +RIMP07-010+ |

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| 13:30 | **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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| 14:30 | **The Kitchen: Full House For The Holidays (R)**  'Tis the season to have a full house for the holidays and Jeff Mauro is ready with his crowd-pleasing Santa's Sausage and Snow Strata brunch. | **PG**  +TKIT15-007+ |

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| 15:30 | **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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| 16:00 | **Giada At Home: Giada's Korean Barbecue (R)**  Giada De Laurentiis teams up with the King of Korean barbecue, Roy Choi. Roy takes Giada on an adventure through L.A.'s Korea Town. | **PG**  +GIHO07-003+ |

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| 16:30 | **Restaurant: Impossible: Monkey Business (R)**  When Chef Robert Irvine first sees the Spunky Monkey Bar & Grill in Auburn, Wash., he's appalled by the restaurant's condition. | **PG**  +RIMP07-011+ |

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| 17:30 | **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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| 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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| 18:30 | **Chopped: Chili Cook-Off NEW EPISODE**  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 | **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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| 20:30 | **Ramsay's Kitchen Nightmares USA: Old Neighbourhood (R) ’CC’**  Chef Ramsay heads to Arvada, CO, where owners Alexa and Randy are desperately calling on him to help restore their 25-year-old restaurant, the Old Neighborhood. | **M (L)**  +KNUS07-003+ |

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| 21:30 | **Ramsay's Kitchen Nightmares USA: Kati Allo (R) ’CC’**  Ramsay heads to Queens, NY, in hopes of restoring Kati Allo, a Greek restaurant run by husband-and-wife Manny and Christine. He is surprised when he finds Kati Allo isn't the only thing in jeopardy. | **M (L)**  +KNUS07-004+ |

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| 22:30 | **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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| 23:30 | **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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| 00:30 | **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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| 01:00 | **The Great Day Out (R) ’CC’**  Jillian enjoys a foodie trail on the Redlands Coast, 7 News sports presenter Ben Davis shares his Great Day Out while Courtney heads bush for a different take on a music festival. | **G**  +GDOT18-038+ |

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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 | **TBA:**  TBC | ++ |

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

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| 04:00 | **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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| 04:30 | **The Great Day Out (R) ’CC’**  Jillian enjoys a foodie trail on the Redlands Coast, 7 News sports presenter Ben Davis shares his Great Day Out while Courtney heads bush for a different take on a music festival. | **G**  +GDOT18-038+ |

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| 05:00 | **Creek To Coast (R) ’CC’**  The Creek to Coast team continue their epic 4WD adventure across Queensland's outback and through the Red Centre of the Northern Territory. This final leg takes in Uluru and the Simpson Desert. | **G**  +7CTC18-016+ |

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| 05:30 | **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+ |

**Thursday 21 February 2019**

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| 06:00 | **The Great Day Out (R) ’CC’**  Jillian enjoys a foodie trail on the Redlands Coast, 7 News sports presenter Ben Davis shares his Great Day Out while Courtney heads bush for a different take on a music festival. | **G**  +GDOT18-038+ |

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| 06:30 | **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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| 07:00 | **Giada At Home: Giada's Korean Barbecue (R)**  Giada De Laurentiis teams up with the King of Korean barbecue, Roy Choi. Roy takes Giada on an adventure through L.A.'s Korea Town. | **PG**  +GIHO07-003+ |

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| 07:30 | **The Kitchen: Full House For The Holidays (R)**  'Tis the season to have a full house for the holidays and Jeff Mauro is ready with his crowd-pleasing Santa's Sausage and Snow Strata brunch. | **PG**  +TKIT15-007+ |

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| 08:30 | **Rachael Ray's Week In A Day: Game On! (R)**  A feast that'll keep your team fed through an entire week of big games. Cincinnati Spaghetti; Pork and Broccoli Rabe Ciabatta Subs; Buffalo Turkey Sloppy Joes; Brisket Bowls | **PG**  +WIAD05-006+ |

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| 09:30 | **Guy's Grocery Games: GGG Vs. DDD (R)**  Two of Guy Fieri's worlds collide as chefs from both Diners, Drive-ins and Dives and Guy's Grocery Games are pit against each other in some serious culinary combat. | **PG**  +GUGG16-003+ |

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

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| 12:00 | **Giada At Home: Giada's Korean Barbecue (R)**  Giada De Laurentiis teams up with the King of Korean barbecue, Roy Choi. Roy takes Giada on an adventure through L.A.'s Korea Town. | **PG**  +GIHO07-003+ |

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| 12:30 | **Guy's Grocery Games: GGG Vs. DDD (R)**  Two of Guy Fieri's worlds collide as chefs from both Diners, Drive-ins and Dives and Guy's Grocery Games are pit against each other in some serious culinary combat. | **PG**  +GUGG16-003+ |

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| 13:30 | **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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| 14:30 | **The Kitchen: A Festive Family Feast (R)**  The Kitchen is decking the halls for a holiday feast and Katie Lee kicks things off with her Sticky Apricot Drumsticks. | **PG**  +TKIT15-008+ |

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| 15:30 | **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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| 16:00 | **Giada At Home: Giada's Quick And Easy Favorites (R)**  Giada De Laurentiis makes four quick and easy recipes that can be prepared in just minutes like Calabrian Chili Pasta and Red Snapper Open-Faced Sandwiches. | **PG**  +GIHO07-004+ |

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| 16:30 | **Guy's Grocery Games: GGG Vs. DDD (R)**  Two of Guy Fieri's worlds collide as chefs from both Diners, Drive-ins and Dives and Guy's Grocery Games are pit against each other in some serious culinary combat. | **PG**  +GUGG16-003+ |

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| 17:30 | **Rachael Ray's Week In A Day: Game On! (R)**  A feast that'll keep your team fed through an entire week of big games. Cincinnati Spaghetti; Pork and Broccoli Rabe Ciabatta Subs; Buffalo Turkey Sloppy Joes; Brisket Bowls | **PG**  +WIAD05-006+ |

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| 18:30 | **Chopped: Worst Cooks Challenge NEW EPISODE**  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 | **TBA:**  TBC | ++ |

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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 | **Ramsay's Kitchen Nightmares: Morgans (R) ’CC’**  Gordon grapples with girl power when he takes on an intimate family-run restaurant in the heart of WAG territory near Liverpool. | **MA (L)**  +RAKN03-004+ |

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| 22:30 | **TBA:**  TBC | ++ |

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| 23:30 | **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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| 00:30 | **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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| 01:00 | **The Great Day Out (R) ’CC’**  From public art, to private galleries Laurel is discovering the arts scene on the Redlands Coast. Jess is aboard the Mary Valley Rattler while Sofie is playing tourist in her own city. | **G**  +GDOT18-039+ |

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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 | **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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| 02:30 | **Home In WA**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-020+ |

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| 03:00 | **Queensland Weekender (R) ’CC’**  Chris is in a region that has it all rainforest, reef, adventure and an island with more white sandy beaches than any in the Whitsundays. | **G**  +7QWE18-041+ |

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| 03:30 | **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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| 04:00 | **The Great Day Out (R) ’CC’**  From public art, to private galleries Laurel is discovering the arts scene on the Redlands Coast. Jess is aboard the Mary Valley Rattler while Sofie is playing tourist in her own city. | **G**  +GDOT18-039+ |

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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 | **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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| 05:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-020+ |

**Friday 22 February 2019**

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| 06:00 | **Queensland Weekender (R) ’CC’**  Chris is in a region that has it all rainforest, reef, adventure and an island with more white sandy beaches than any in the Whitsundays. | **G**  +7QWE18-041+ |

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| 06:30 | **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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| 07:00 | **Giada At Home: Giada's Quick And Easy Favorites (R)**  Giada De Laurentiis makes four quick and easy recipes that can be prepared in just minutes like Calabrian Chili Pasta and Red Snapper Open-Faced Sandwiches. | **PG**  +GIHO07-004+ |

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| 07:30 | **The Kitchen: A Festive Family Feast (R)**  The Kitchen is decking the halls for a holiday feast and Katie Lee kicks things off with her Sticky Apricot Drumsticks. | **PG**  +TKIT15-008+ |

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| 08:30 | **Rachael Ray's Week In A Day: Diner Lovers' Week (R)**  Ever look at a diner menu and just can't decide on one thing? Then sink your teeth into a whole week's worth of diner food you can make in one day. Diner Style Hot Turkey Sandwiches | **PG**  +WIAD05-007+ |

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| 09:30 | **Guy's Grocery Games: Spice City (R)**  Flavortown turns into Spice City when four chefs who like their food with some heat fight for the title of Spice Master. | **PG**  +GUGG15-001+ |

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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 Kitchen: A Festive Family Feast (R)**  The Kitchen is decking the halls for a holiday feast and Katie Lee kicks things off with her Sticky Apricot Drumsticks. | **PG**  +TKIT15-008+ |

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| 12:00 | **Giada At Home: Giada's Quick And Easy Favorites (R)**  Giada De Laurentiis makes four quick and easy recipes that can be prepared in just minutes like Calabrian Chili Pasta and Red Snapper Open-Faced Sandwiches. | **PG**  +GIHO07-004+ |

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| 12:30 | **Guy's Grocery Games: Spice City (R)**  Flavortown turns into Spice City when four chefs who like their food with some heat fight for the title of Spice Master. | **PG**  +GUGG15-001+ |

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| 13:30 | **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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| 14:30 | **The Kitchen: Jolly Good Holiday (R)**  The Kitchen is bringing good tidings and a great menu for holiday cheer. To start, Geoffrey Zakarian serves Beef Tenderloin with Jeff Mauro's Blue Cheesy Yorkshire Puddings. | **PG**  +TKIT15-009+ |

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| 15:30 | **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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| 16:00 | **Giada At Home: Cooking With Raffy And Buzz (R)**  Giada De Laurentiis and her Aunt Raffy team up in the kitchen to prepare recipes inspired by family favourites. | **PG**  +GIHO07-005+ |

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| 16:30 | **Guy's Grocery Games: Spice City (R)**  Flavortown turns into Spice City when four chefs who like their food with some heat fight for the title of Spice Master. | **PG**  +GUGG15-001+ |

|  |  |  |
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| 17:30 | **Rachael Ray's Week In A Day: Diner Lovers' Week (R)**  Ever look at a diner menu and just can't decide on one thing? Then sink your teeth into a whole week's worth of diner food you can make in one day. Diner Style Hot Turkey Sandwiches | **PG**  +WIAD05-007+ |

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| 18:30 | **Chopped: Teen Tournament: Battle 1 NEW EPISODE**  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 | **Bizarre Foods With Andrew Zimmern: Montreal NEW EPISODE**  Duck livers and horse heart tartare may not say Montreal, but that's what's on the menu when Andrew makes a visit to this multi-cultural city. | **PG (A)**  +BIFO04-011+ |

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| 20:30 | **Anthony Bourdain: No Reservations: Dominican Republic (R)**  Anthony ventures to the Dominican Republic, diving head-first into the country's rich culture. | **PG**  +NORE08-013+ |

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

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| 22:30 | **Bizarre Foods With Andrew Zimmern: Montreal (R)**  Duck livers and horse heart tartare may not say Montreal, but that's what's on the menu when Andrew makes a visit to this multi-cultural city. | **PG (A)**  +BIFO04-011+ |

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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 | **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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| 01:00 | **The Great Day Out (R) ’CC’**  Sofie is enjoying a Great Day Out in beautiful Buderim, Laurel is trying her hand at the new sport of axe throwing. Country music star, Adam Brand shares his Great Day Out. | **G**  +GDOT18-040+ |

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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 | **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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| 02:30 | **Home In WA**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-021+ |

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| 03:00 | **Queensland Weekender (R) ’CC’**  Olivia heads offshore, Lee explores Australia's most stunning stretch of sand by horseback while Bridget visits an island that is like something out of Jurassic Park. | **G**  +7QWE18-042+ |

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| 03:30 | **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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| 04:00 | **The Great Day Out (R) ’CC’**  Sofie is enjoying a Great Day Out in beautiful Buderim, Laurel is trying her hand at the new sport of axe throwing. Country music star, Adam Brand shares his Great Day Out. | **G**  +GDOT18-040+ |

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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 | **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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| 05:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-021+ |

**Saturday 23 February 2019**

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| 06:00 | **Queensland Weekender (R) ’CC’**  Olivia heads offshore, Lee explores Australia's most stunning stretch of sand by horseback while Bridget visits an island that is like something out of Jurassic Park. | **G**  +7QWE18-042+ |

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| 06:30 | **Rachael Ray's Week In A Day: Diner Lovers' Week (R)**  Ever look at a diner menu and just can't decide on one thing? Then sink your teeth into a whole week's worth of diner food you can make in one day. Diner Style Hot Turkey Sandwiches | **PG**  +WIAD05-007+ |

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| 07:30 | **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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| 08:00 | **Giada At Home: Cooking With Raffy And Buzz (R)**  Giada De Laurentiis and her Aunt Raffy team up in the kitchen to prepare recipes inspired by family favourites. | **PG**  +GIHO07-005+ |

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| 08:30 | **The Kitchen: Jolly Good Holiday (R)**  The Kitchen is bringing good tidings and a great menu for holiday cheer. To start, Geoffrey Zakarian serves Beef Tenderloin with Jeff Mauro's Blue Cheesy Yorkshire Puddings. | **PG**  +TKIT15-009+ |

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| 09:30 | **Cutthroat Kitchen: Superstar Sabotage: Heat One (R)**  "Superstar Sabotage" begins w/ Susan Feniger, Jeff Mauro, Michael Psilakis, Aarti Sequeira competing in challenges, during which they encounter culinary curveballs, including a treadmill station. | **PG**  +CUTK05-007+ |

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| 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 | **The Kitchen: Jolly Good Holiday (R)**  The Kitchen is bringing good tidings and a great menu for holiday cheer. To start, Geoffrey Zakarian serves Beef Tenderloin with Jeff Mauro's Blue Cheesy Yorkshire Puddings. | **PG**  +TKIT15-009+ |

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| 12:00 | **Giada At Home: Cooking With Raffy And Buzz (R)**  Giada De Laurentiis and her Aunt Raffy team up in the kitchen to prepare recipes inspired by family favourites. | **PG**  +GIHO07-005+ |

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| 12:30 | **Bizarre Foods With Andrew Zimmern: Montreal (R)**  Duck livers and horse heart tartare may not say Montreal, but that's what's on the menu when Andrew makes a visit to this multi-cultural city. | **PG (A)**  +BIFO04-011+ |

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| 13:30 | **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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| 14:30 | **Cutthroat Kitchen: Superstar Sabotage: Heat One (R)**  "Superstar Sabotage" begins w/ Susan Feniger, Jeff Mauro, Michael Psilakis, Aarti Sequeira competing in challenges, during which they encounter culinary curveballs, including a treadmill station. | **PG**  +CUTK05-007+ |

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| 15:30 | **Intolerant Cooks: Ep 6 - You Crack Me Up! (R)**  Join witty food intolerants as they create delicious recipes using fresh regional produce for those with food sensitivities. | **PG**  +INTC04-006+ |

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| 16:00 | **Giada At Home: Ciao Chow! (R)**  Giada De Laurentiis creates four Italian small plates and serves them Dim Sum-style to her girlfriends. The menu features Jade's BBP, Hazelnut Brittle, and Crispy Fig and Gorgonzola Ravioli. | **PG**  +GIHO07-006+ |

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| 16:30 | **Ten Dollar Dinners: Seafood And Sweets**  Melissa d'Arabian proves you can serve an elegant seafood meal without splurging on cost. | **PG**  +TEDD07-013+ |

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| 17:00 | **Rachael Ray's Week In A Day: Souperstar Suppers**  Soup's on, as Rachael throws down with five thick stews and soups that'll keep you satisfied through an entire week of eating. | **PG**  +WIAD03-004+ |

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| 18:00 | **Anthony Bourdain: No Reservations: Dominican Republic (R)**  Anthony ventures to the Dominican Republic, diving head-first into the country's rich culture. | **PG**  +NORE08-013+ |

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| 19:00 | **Around The World With Manu: India (R)**  Manu's travels in Dubai were incredible, but it's time to get serious with his journey and make tracks. A short flight to Mumbai, and he is in India for the first time in his life. | **PG**  +AWWM01-003+ |

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| 20:00 | **Iron Chef America: Zakarian vs. Sawyer NEW EPISODE**  Geoffrey Zakarian, the newest Iron Chef, faces off against his challenger, Cleveland chef Jonathon Sawyer. | **PG**  +ICAM10-008+ |

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| 21:00 | **Iron Chef America: Forgione vs. Zimmerman NEW EPISODE**  Iron Chef Marc Forgione faces off against challenger Andrew Zimmern. | **PG**  +ICAM10-009+ |

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| 22:00 | **Throwdown With Bobby Flay: Vegetable Lasagna NEW EPISODE**  Christine and Carla are feeding a community of extended family but will Bobby Flay get booted when he comes knocking for his own Vegetable Lasagna Throwdown? | **PG**  +TWBF09-009+ |

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| 22:30 | **Guy's Grocery Games: Spiciest! NEW EPISODE**  The heat is on in Flavortown with Guy Fieri's spiciest games yet. | **PG**  +GUGG16-004+ |

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| 23:30 | **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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| 00:00 | **Queensland Weekender (R) ’CC’**  Bridget is on a journey through tropical north Queensland in celebration of Indigenous culture. | **G**  +7QWE18-043+ |

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| 00:30 | **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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| 01:00 | **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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| 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 | **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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| 02:30 | **Home In WA**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-022+ |

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| 03:00 | **Queensland Weekender (R) ’CC’**  Bridget is on a journey through tropical north Queensland in celebration of Indigenous culture. | **G**  +7QWE18-043+ |

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| 03:30 | **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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| 04:00 | **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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| 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 | **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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| 05:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-022+ |