**Sunday 18 August 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike heads to Corowa, checking out its whiskey, chocolate and more. Karen gets a preview of Mamma Mia The Musical. Teigan heads to Golden Ridge Animal Farm. Starring:ERICA DAVIS,KAREN LEDBURY,SALLY STANTON,MIKE WHITNEY,TEIGAN NASH | **G** +7SWE25-002+ |

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| 06:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-012+ |

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| 07:00 | **The Grill Dads: Food Like A Cozy Hug (R)** The Grill Dads travel to Minneapolis, where classic chicken pot pie is elevated into a 10,000 Lakes Pot Pie topped with a homemade, buttery puff pastry dough. | **PG** +GRIL01-005+ |

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| 07:30 | **Comfort Food Tour: All American Eats (R)** What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG** +CMFT02-005+ |

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| 08:00 | **My France With Manu: Brittany - Part 2 (R) ’CC’** Tonight, Manu makes his way through the wine region of Bordeaux, along the Dordogne river. Then, he heads to the surfing mecca of Biarritz where his sister lives and joins in a family reunion. | **PG** +MANU-002+ |

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| 09:00 | **Beach Eats USA: Dockside Dining (R)** Curtis Stone sets sail to discover the ultimate dockside dining in South Carolina, California and the Gulf Coast of Alabama. | **PG** +BEEA01-005+ |

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| 09:30 | **Iron Chef America: Garces VS. Spence (R)** Seattle Chef Carolynn Spence brings her Pacific Northwest cuisine into Kitchen Stadium to battle Iron Chef Jose Garces.  | **PG** +ICAM13-004+ |

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| 10:30 | **Iron Chef America: Zakarian VS. Wolen (R)** Chicago Chef Lee Wolen busts out of his shell for a battle against Iron Chef Geoffrey Zakarian that's anything but quiet. Judges Nancy Silverton and Simon Majumdar are on hand to determine the winner. | **PG** +ICAM13-005+ |

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| 11:30 | **Diners, Drive-Ins and Dives: Cannoli, Fritters And Wings (R)** Guy Fieri's rollin' out for a festival of flavours. In Portland, Ore., the Guamanian food truck serving up righteous shrimp fritters and a unique spin on chicken salad. | **PG** +DDID18-004+ |

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| 12:00 | **Diners, Drive-Ins and Dives: Aces Of Authenticity (R)** Guy Fieri's hittin' up some joints that are authentic to the bone. | **PG** +DDID18-005+ |

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| 12:30 | **My France With Manu: Brittany - Part 2 (R) ’CC’** Tonight, Manu makes his way through the wine region of Bordeaux, along the Dordogne river. Then, he heads to the surfing mecca of Biarritz where his sister lives and joins in a family reunion. | **PG** +MANU-002+ |

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| 13:30 | **Beach Eats USA: Dockside Dining (R)** Curtis Stone sets sail to discover the ultimate dockside dining in South Carolina, California and the Gulf Coast of Alabama. | **PG** +BEEA01-005+ |

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| 14:00 | **The Grill Dads: Food Like A Cozy Hug (R)** The Grill Dads travel to Minneapolis, where classic chicken pot pie is elevated into a 10,000 Lakes Pot Pie topped with a homemade, buttery puff pastry dough. | **PG** +GRIL01-005+ |

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| 14:30 | **Comfort Food Tour: All American Eats (R)** What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG** +CMFT02-005+ |

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| 15:00 | **Diners, Drive-Ins and Dives: Cannoli, Fritters And Wings (R)** Guy Fieri's rollin' out for a festival of flavours. In Portland, Ore., the Guamanian food truck serving up righteous shrimp fritters and a unique spin on chicken salad. | **PG** +DDID18-004+ |

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| 16:00 | **Iron Chef America: Garces VS. Spence (R)** Seattle Chef Carolynn Spence brings her Pacific Northwest cuisine into Kitchen Stadium to battle Iron Chef Jose Garces.  | **PG** +ICAM13-004+ |

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| 17:00 | **Iron Chef America: Zakarian VS. Wolen (R)** Chicago Chef Lee Wolen busts out of his shell for a battle against Iron Chef Geoffrey Zakarian that's anything but quiet. Judges Nancy Silverton and Simon Majumdar are on hand to determine the winner. | **PG** +ICAM13-005+ |

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| 18:00 | **Kid's Baking Championship: Doughnuts Go Nuts (R)** Valerie Bertinelli and Duff Goldman shake things up by asking the eight kid bakers to work in teams to create two different types of doughnuts that come together in one unified doughnut design. | **PG** +KBAC04-005+ |

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| 19:00 | **Ridiculous Cakes: I Do, Times Two (R)** One cake artist must deliver two oversized wedding cakes to two different weddings on the same day, and a baker creates a cake you can 'wear' for a fashion designer's party. | **PG** +RICA02-013+ |

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| 19:30 | **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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| 20:30 | **Ramsay's Hotel Hell: Juniper Hill - Part 2 (R) ’CC’** Gordon Ramsay checks in and may check out on part two. Starring:GORDON RAMSAY | **M (L)**+HELL01-005+ |

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| 21:30 | **Cupcake Wars: Final Cup (Cakes)** Four cupcake bakers try to score their way into the celebration of the Major League Soccer Cup Finals. | **PG** +CUPW04-004+ |

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| 22:30 | **Cupcake Wars: San Diego Zoo (R)** The fur will be flying as four bakers fight for the opportunity to serve their cupcakes at a members' only party at the world-famous San Diego Zoo. | **PG** +CUPW07-012+ |

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| 23:30 | **Ridiculous Cakes: I Do, Times Two (R)** One cake artist must deliver two oversized wedding cakes to two different weddings on the same day, and a baker creates a cake you can 'wear' for a fashion designer's party. | **PG** +RICA02-013+ |

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| 00:00 | **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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| 01:00 | **Queensland Weekender (R) ’CC’** Kip has the place for a winter bushwalk, Luke and Cody are exploring the coast by rail and Lee is welcoming the whales to Straddie. | **G** +7QWE18-023+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2018 Ep: 8 (R) ’CC’** Mums, prams and surfboards. Plus, Sally has the perfect recipe for autumn and Roger is out to get bogged. | **G** +7CTC18-008+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Alastair is celebrating seafood in the river city, Tamsyn is previewing the Gold Coast's SWELL Sculpture Festival and country boy Adam Brand shares his Great Day Out. | **G** +GDOT18-029+ |

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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** +HIWA21-015+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike mingles with animals at Taronga Western Plains Zoo in Dubbo. Lizzy checks out Hello Sydney Shopper Hopper. Sophie heads to the Hunter Valley to experience Margan Family Wines. Starring:ERICA DAVIS,LIZZY LOVETTE,MIKE WHITNEY,SOPHIE FALKINER,MATT BASELEY | **G** +7SWE25-003+ |

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| 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** +SAWE18-013+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Kip has the place for a winter bushwalk, Luke and Cody are exploring the coast by rail and Lee is welcoming the whales to Straddie. | **G** +7QWE18-023+ |

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| 05:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-015+ |

 **Monday 19 August 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike mingles with animals at Taronga Western Plains Zoo in Dubbo. Lizzy checks out Hello Sydney Shopper Hopper. Sophie heads to the Hunter Valley to experience Margan Family Wines. Starring:ERICA DAVIS,LIZZY LOVETTE,MIKE WHITNEY,SOPHIE FALKINER,MATT BASELEY | **G** +7SWE25-003+ |

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| 06:30 | **Kid's Baking Championship: Doughnuts Go Nuts (R)** Valerie Bertinelli and Duff Goldman shake things up by asking the eight kid bakers to work in teams to create two different types of doughnuts that come together in one unified doughnut design. | **PG** +KBAC04-005+ |

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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 | **Cupcake Wars: Final Cup (Cakes) (R)** Four cupcake bakers try to score their way into the celebration of the Major League Soccer Cup Finals. | **PG** +CUPW04-004+ |

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| 09:30 | **Cupcake Wars: San Diego Zoo (R)** The fur will be flying as four bakers fight for the opportunity to serve their cupcakes at a members' only party at the world-famous San Diego Zoo. | **PG** +CUPW07-012+ |

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| 10:30 | **Better Homes And Gardens (R) ’CC’** Joh and Pete take a look at Seed House in Sydney. Dr. Harry gets a taste of life with an alpaca. Adam shows you how to make a street library. Ed makes grilled haloumi and pumpkin Tex-Mex tacos. | **G** +BHAG25-029+ |

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| 12:00 | **Cupcake Wars: Final Cup (Cakes) (R)** Four cupcake bakers try to score their way into the celebration of the Major League Soccer Cup Finals. | **PG** +CUPW04-004+ |

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| 13:00 | **Cupcake Wars: San Diego Zoo (R)** The fur will be flying as four bakers fight for the opportunity to serve their cupcakes at a members' only party at the world-famous San Diego Zoo. | **PG** +CUPW07-012+ |

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| 14:00 | **Kid's Baking Championship: Doughnuts Go Nuts (R)** Valerie Bertinelli and Duff Goldman shake things up by asking the eight kid bakers to work in teams to create two different types of doughnuts that come together in one unified doughnut design. | **PG** +KBAC04-005+ |

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| 15:00 | **Ridiculous Cakes: I Do, Times Two (R)** One cake artist must deliver two oversized wedding cakes to two different weddings on the same day, and a baker creates a cake you can 'wear' for a fashion designer's party. | **PG** +RICA02-013+ |

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| 15:30 | **Baked In Vermont: Make Ahead, Bake Ahead (R)** Gesine Prado is sharing her tips and tricks for stocking a freezer full of baked goodies ready to go in a pinch. | **PG** +BAVE02-001+ |

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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** +HOWL03-026+ |

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| 17:00 | **Giada At Home: Spice Of Life (R)** Giada De Laurentiis turns up the heat in the kitchen as she creates hot and fiery recipes from around the globe like Vietnamese Red Snapper With Noodles, Vegetable Paella. | **PG** +GIHO06-021+ |

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| 17:30 | **The Kitchen: Toast To Mom (R)** Celebrating Mother's Day, starting with Geoffrey Zakarian's Chamomile French Toast and Katie Lee's Mini Broccoli Quiches. Then Bloom School is in session with three new floral arrangements for mom. | **PG** +TKIT13-006+ |

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| 18:30 | **Chopped: Brunch Battle (R)** Four chefs are challenged with making the magic of brunch look easy and creating the kind of meal that friends and family would love to linger over. | **PG** +CHPD27-003+ |

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| 19:30 | **Cake Wars: Nintendo** A Nintendo challenge features cakes inspired by the video game, Super Mario Bros. | **PG** +CAKW01-004+ |

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| 20:30 | **Hell's Kitchen USA** World renowned chef Gordon Ramsay puts aspiring young chefs through rigorous cooking challenges and dinner services at his restaurant in Hollywood. | **M (L)**+HEKI14-011+ |

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| 21:30 | **Hell's Kitchen USA** World renowned chef Gordon Ramsay puts aspiring young chefs through rigorous cooking challenges and dinner services at his restaurant in Hollywood. | **MA (L)**+HEKI14-012+ |

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| 22:30 | **Ramsay's Kitchen Nightmares: La Parra (R) ’CC’** Gordon travels to Spain in his attempt to save La Parra Restaurant, run by a twenty-six-year-old former nightclub manager. | **MA (L)**+RAKN03-001+ |

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| 23:30 | **Chopped: Brunch Battle (R)** Four chefs are challenged with making the magic of brunch look easy and creating the kind of meal that friends and family would love to linger over. | **PG** +CHPD27-003+ |

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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** +SAWE18-014+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Kip makes some fascinating discoveries, Olivia heads offshore, Liz is on her babymoon and Lee is embarking on an incredible walk in the Whitsundays. | **G** +7QWE18-024+ |

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| 01:30 | **Creek To Coast (R) ’CC’** This week on Creek to Coast, we travel to Winton's inaugural Way Out West Fest, an outback shindig to celebrate the re-opening of Winton's Waltzing Matilda Museum. | **G** +7CTC18-009+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Jess discovers what's happening on the Gold Coast these school holidays. Alastair's on a south east QLD food trail while Sofie is at a beautiful country retreat west of Brisbane. | **G** +GDOT18-030+ |

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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** +HIWA21-016+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike checks out Montague Island. Teigan goes to Wet 'N' Wild. Jason and Beck eat at Blackwood Pantry in Cronulla. Starring:BECK STEVENS,JASON STEVENS,ERICA DAVIS,ROSE JACOBS,MIKE WHITNEY,TEIGAN NASH | **G** +7SWE25-004+ |

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| 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** +SAWE18-014+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Kip makes some fascinating discoveries, Olivia heads offshore, Liz is on her babymoon and Lee is embarking on an incredible walk in the Whitsundays. | **G** +7QWE18-024+ |

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| 04:30 | **Creek To Coast (R) ’CC’** This week on Creek to Coast, we travel to Winton's inaugural Way Out West Fest, an outback shindig to celebrate the re-opening of Winton's Waltzing Matilda Museum. | **G** +7CTC18-009+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Jess discovers what's happening on the Gold Coast these school holidays. Alastair's on a south east QLD food trail while Sofie is at a beautiful country retreat west of Brisbane. | **G** +GDOT18-030+ |

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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** +HIWA21-016+ |

 **Tuesday 20 August 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike checks out Montague Island. Teigan goes to Wet 'N' Wild. Jason and Beck eat at Blackwood Pantry in Cronulla. Starring:BECK STEVENS,JASON STEVENS,ERICA DAVIS,ROSE JACOBS,MIKE WHITNEY,TEIGAN NASH | **G** +7SWE25-004+ |

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| 06:30 | **Baked In Vermont: Make Ahead, Bake Ahead (R)** Gesine Prado is sharing her tips and tricks for stocking a freezer full of baked goodies ready to go in a pinch. | **PG** +BAVE02-001+ |

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| 07:00 | **Easy Chinese: Hollywood Cocktail Party (R)** Ching-He Huang helps her friend, Phil Rosenthal, to prepare Chinese-inspired finger foods for a party he is throwing for his wife's birthday. | **PG** +EACH02-003+ |

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| 07:30 | **The Kitchen: Toast To Mom (R)** Celebrating Mother's Day, starting with Geoffrey Zakarian's Chamomile French Toast and Katie Lee's Mini Broccoli Quiches. Then Bloom School is in session with three new floral arrangements for mom. | **PG** +TKIT13-006+ |

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| 08:30 | **Cake Wars: Nintendo (R)** A Nintendo challenge features cakes inspired by the video game, Super Mario Bros. | **PG** +CAKW01-004+ |

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| 09:30 | **Giada At Home: Spice Of Life (R)** Giada De Laurentiis turns up the heat in the kitchen as she creates hot and fiery recipes from around the globe like Vietnamese Red Snapper With Noodles, Vegetable Paella. | **PG** +GIHO06-021+ |

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| 10:00 | **Easy Chinese: Hollywood Cocktail Party (R)** Ching-He Huang helps her friend, Phil Rosenthal, to prepare Chinese-inspired finger foods for a party he is throwing for his wife's birthday. | **PG** +EACH02-003+ |

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| 10:30 | **Baked In Vermont: Make Ahead, Bake Ahead (R)** Gesine Prado is sharing her tips and tricks for stocking a freezer full of baked goodies ready to go in a pinch. | **PG** +BAVE02-001+ |

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| 11:00 | **My Greek Odyssey (R) ’CC’** Peter travels to the island of Zakynthos, third largest of the Ionian Islands.  | **PG** +MYGO01-009+ |

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| 12:00 | **The Kitchen: Toast To Mom (R)** Celebrating Mother's Day, starting with Geoffrey Zakarian's Chamomile French Toast and Katie Lee's Mini Broccoli Quiches. Then Bloom School is in session with three new floral arrangements for mom. | **PG** +TKIT13-006+ |

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| 13:00 | **Chopped: Brunch Battle (R)** Four chefs are challenged with making the magic of brunch look easy and creating the kind of meal that friends and family would love to linger over. | **PG** +CHPD27-003+ |

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| 14:00 | **Giada At Home: Spice Of Life (R)** Giada De Laurentiis turns up the heat in the kitchen as she creates hot and fiery recipes from around the globe like Vietnamese Red Snapper With Noodles, Vegetable Paella. | **PG** +GIHO06-021+ |

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| 14:30 | **My Greek Odyssey (R) ’CC’** Peter travels to the island of Zakynthos, third largest of the Ionian Islands.  | **PG** +MYGO01-009+ |

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| 15:30 | **Cake Wars: Nintendo (R)** A Nintendo challenge features cakes inspired by the video game, Super Mario Bros. | **PG** +CAKW01-004+ |

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| 16:30 | **Easy Chinese: Hollywood Cocktail Party (R)** Ching-He Huang helps her friend, Phil Rosenthal, to prepare Chinese-inspired finger foods for a party he is throwing for his wife's birthday. | **PG** +EACH02-003+ |

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| 17:00 | **Giada At Home: Lunch With Mom (R)** Giada prepares a special Mother's Day lunch for her sister and their kids.  | **PG** +GIHO06-022+ |

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| 17:30 | **The Kitchen: Fresh New Flavors (R)** Exploring new flavors, starting with Sunny Anderson's Bruschetta Burger and Katie Lee's Barbecue Salmon Cobb Salad. Creating fresh, seasonal dishes is easy with a Field Guide to Greens. | **PG** +TKIT13-007+ |

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| 18:30 | **Chopped: Chinese New Year (R)** Cue the fireworks as China's biggest holiday has its moment in the Chopped Kitchen! | **PG** +CHPD27-004+ |

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| 19:30 | **Mystery Diners: Hot Meat (R)** After receiving deals that are too good to be true, Tony, the owner of Rivoli's in Tom's River, N.J., believes his new meat purveyor is selling him stolen goods.  | **PG (L,A)**+MYSD11-010+ |

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| 20:00 | **Mystery Diners: Crooked Contest (R)** After hearing rumors that their song writing contest is rigged, Rose and Tom of Belcourt Taps in Nashville contact Charles Stiles for help. 80's pop star Tiffany goes undercover as a Mystery Diner. | **PG (L,A)**+MYSD11-011+ |

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| 20:30 | **Restaurant: Impossible: The Writing On THe Wall (R)** Daniel is the owner and operator of a successful sawmill, and thought he would be able to run Big Jim's Bama Q in Hammondville. But his naivety has instead left him seeking Chef Robert. | **PG** +RIMP08-010+ |

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| 21:30 | **Restaurant: Impossible: Living In The Dark Ages (R)** Chef Robert Irvine tackles his first-ever theme restaurant, when he comes to the aid of Buzz, the owner of Cave Inn BBQ, a new caveman/dinosaur themed restaurant. | **PG** +RIMP08-011+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-015+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Lee has the September school holiday sorted, Sammie discovers a lavender farm in an unlikely location and photographer John Elliott shares his passion for his work.  | **G** +7QWE18-025+ |

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| 01:30 | **Creek To Coast (R) ’CC’** To celebrate the 50th Anniversary of the Caravanning Supershow, Scott takes a road trip from Longreach to Yeppoon, visiting the Tree of Knowledge. | **G** +7CTC18-010+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Billy is at a fabulous free event that you may not have heard of, The Sound Society. Brisbane Heat batsman Sam Heazlett shares his Great Day Out while Sofie is on beautiful Kingfisher Island. | **G** +GDOT18-031+ |

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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** +HIWA21-017+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike checks out the history of Canowindra with Blind Freddy's Bushranger Tours. Lea visits Orange and explores the wineries and cooking schools of the region. Lizzy drives along Fossicker's Way. Starring:ERICA DAVIS,FELICITY URQUHART,LIZZY LOVETTE,LEA WILSON,MIKE WHITNEY | **G** +7SWE25-005+ |

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| 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** +SAWE18-015+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Lee has the September school holiday sorted, Sammie discovers a lavender farm in an unlikely location and photographer John Elliott shares his passion for his work.  | **G** +7QWE18-025+ |

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| 04:30 | **Creek To Coast (R) ’CC’** To celebrate the 50th Anniversary of the Caravanning Supershow, Scott takes a road trip from Longreach to Yeppoon, visiting the Tree of Knowledge. | **G** +7CTC18-010+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Billy is at a fabulous free event that you may not have heard of, The Sound Society. Brisbane Heat batsman Sam Heazlett shares his Great Day Out while Sofie is on beautiful Kingfisher Island. | **G** +GDOT18-031+ |

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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** +HIWA21-017+ |

 **Wednesday 21 August 2019**

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| 06:00 | **Restaurant: Impossible: The Writing On THe Wall (R)** Daniel is the owner and operator of a successful sawmill, and thought he would be able to run Big Jim's Bama Q in Hammondville. But his naivety has instead left him seeking Chef Robert. | **PG** +RIMP08-010+ |

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| 07:00 | **Easy Chinese: L.A. Late Night Eats (R)** Ching-He Huang scours the City of Angels to find the best Chinese offerings in the vast Los Angeles late-night street eats scene. | **PG** +EACH02-004+ |

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

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| 08:30 | **Mystery Diners: Hot Meat (R)** After receiving deals that are too good to be true, Tony, the owner of Rivoli's in Tom's River, N.J., believes his new meat purveyor is selling him stolen goods.  | **PG (L,A)**+MYSD11-010+ |

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| 09:00 | **Mystery Diners: Crooked Contest (R)** After hearing rumors that their song writing contest is rigged, Rose and Tom of Belcourt Taps in Nashville contact Charles Stiles for help. 80's pop star Tiffany goes undercover as a Mystery Diner. | **PG (L,A)**+MYSD11-011+ |

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| 09:30 | **Giada At Home: Lunch With Mom (R)** Giada prepares a special Mother's Day lunch for her sister and their kids.  | **PG** +GIHO06-022+ |

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| 10:00 | **Easy Chinese: L.A. Late Night Eats (R)** Ching-He Huang scours the City of Angels to find the best Chinese offerings in the vast Los Angeles late-night street eats scene. | **PG** +EACH02-004+ |

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| 10:30 | **Baked In Vermont: Ice Ice Baby (R)** Gesine Prado and her husband, Ray, are celebrating the end of their first season on the local curling team by inviting the whole gang over for a party. | **PG** +BAVE02-002+ |

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| 11:00 | **Restaurant: Impossible: Living In The Dark Ages (R)** Chef Robert Irvine tackles his first-ever theme restaurant, when he comes to the aid of Buzz, the owner of Cave Inn BBQ, a new caveman/dinosaur themed restaurant. | **PG** +RIMP08-011+ |

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| 12:00 | **The Kitchen: Fresh New Flavors (R)** Exploring new flavors, starting with Sunny Anderson's Bruschetta Burger and Katie Lee's Barbecue Salmon Cobb Salad. Creating fresh, seasonal dishes is easy with a Field Guide to Greens. | **PG** +TKIT13-007+ |

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| 13:00 | **Chopped: Chinese New Year (R)** Cue the fireworks as China's biggest holiday has its moment in the Chopped Kitchen! | **PG** +CHPD27-004+ |

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| 14:00 | **Giada At Home: Lunch With Mom (R)** Giada prepares a special Mother's Day lunch for her sister and their kids.  | **PG** +GIHO06-022+ |

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| 14:30 | **Restaurant: Impossible: The Writing On THe Wall (R)** Daniel is the owner and operator of a successful sawmill, and thought he would be able to run Big Jim's Bama Q in Hammondville. But his naivety has instead left him seeking Chef Robert. | **PG** +RIMP08-010+ |

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| 15:30 | **Restaurant: Impossible: Living In The Dark Ages (R)** Chef Robert Irvine tackles his first-ever theme restaurant, when he comes to the aid of Buzz, the owner of Cave Inn BBQ, a new caveman/dinosaur themed restaurant. | **PG** +RIMP08-011+ |

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| 16:30 | **Easy Chinese: L.A. Late Night Eats (R)** Ching-He Huang scours the City of Angels to find the best Chinese offerings in the vast Los Angeles late-night street eats scene. | **PG** +EACH02-004+ |

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| 17:00 | **Giada At Home: Mini Me (R)** Giada De Laurentiis creates a fun small-bite party menu that features mini versions of some of her favorite recipes over the years. | **PG** +GIHO06-023+ |

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| 17:30 | **The Kitchen: Get Your Grill On (R)** The hosts get their grill ready for spring and put some grilling gadgets to the test in a Tool Takedown. Jeff Mauro makes a mouth-watering Grilled Braciole and Marcela makes Grilled Cole Slaw. | **PG** +TKIT13-008+ |

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| 18:30 | **Chopped: Tailgate Party (R)** It's game time in the Chopped Kitchen for four fanatical tailgaters, who are out to prove that their passion for cooking is equal to their passion for their teams. | **PG** +CHPD27-005+ |

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| 19:30 | **Restaurant: Impossible: Feathers Fly (R)** Chef Robert Irvine ruffles quite a few feathers when he goes to Kokomo, Ind., to help the Duncan family save their 33-year-old business, Ducky's Family Restaurant. | **PG** +RIMP07-002+ |

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| 20:30 | **The Grill Dads: Bigger, More Outrageous Meats** The Grill Dads head to Jackson, for an insanely ginormous 40-ounce steak that's not for the faint of heart. | **PG** +GRIL01-006+ |

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| 21:00 | **Comfort Food Tour: A Symphony Of Sauces** What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG** +CMFT02-006+ |

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| 21:30 | **Carnival Cravings With Anthony Anderson: Lobster Dogs And So-Cal Sundaes** Anthony Anderson meets up with 500,000 of his friends at the Alameda County Fair in California to chow down on crazy carnival eats like a mac and cheese-stuffed burger and a lobster dog. | **PG** +CRAV01-006+ |

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| 22:00 | **Carnival Kings: What's Your Queso-DILLA, Man?** Richie Farina hits the road to Southern California, where he may have met his match at the San Bernardino County Fair. | **PG** +CKIN01-006+ |

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| 22:30 | **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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| 23:00 | **Diners, Drive-Ins and Dives: Family Time (R)** Guy Fieri's visiting some families keeping it real in the kitchen. | **PG** +DDID18-012+ |

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| 23:30 | **Restaurant: Impossible: Feathers Fly (R)** Chef Robert Irvine ruffles quite a few feathers when he goes to Kokomo, Ind., to help the Duncan family save their 33-year-old business, Ducky's Family Restaurant. | **PG** +RIMP07-002+ |

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| 00:30 | **Chopped: Tailgate Party (R)** It's game time in the Chopped Kitchen for four fanatical tailgaters, who are out to prove that their passion for cooking is equal to their passion for their teams. | **PG** +CHPD27-005+ |

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| 01:30 | **Creek To Coast (R) ’CC’** If you like 4WDing and fishing then Andrew has the place for you, Liz is surfing with a young gun. Only caught one fish, Sally can turn it into a meal for many and Scotty checks out Beautiful Betsy. | **G** +7CTC18-011+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Laurel digs deeper into the story behind the new David Williamson play that is in town. Luke gets creative in Currumbin while Sofie has a few ideas to help you destress on the Sunshine Coast. | **G** +GDOT18-032+ |

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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** +HIWA21-018+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike enjoys the Byron Bay harvest. Daniel tries out archery tag. Jason and Beck explore Hazlehurst Arts Centre. Sally dines out with MKR contestants Olga and Valeria. Starring:BECK STEVENS,DANIEL GIBSON,JASON STEVENS,ERICA DAVIS,SALLY STANTON,MIKE WHITNEY | **G** +7SWE25-006+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-016+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Sammie is travelling through the heart of Queensland on a road trip to some of the Outback's best events. Taking in some of this beautiful scenery and meeting a few colourful characters along the way. | **G** +7QWE18-026+ |

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| 04:30 | **Creek To Coast (R) ’CC’** If you like 4WDing and fishing then Andrew has the place for you, Liz is surfing with a young gun. Only caught one fish, Sally can turn it into a meal for many and Scotty checks out Beautiful Betsy. | **G** +7CTC18-011+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Laurel digs deeper into the story behind the new David Williamson play that is in town. Luke gets creative in Currumbin while Sofie has a few ideas to help you destress on the Sunshine Coast. | **G** +GDOT18-032+ |

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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** +HIWA21-018+ |

 **Thursday 22 August 2019**

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| 06:00 | **Carnival Cravings With Anthony Anderson: Lobster Dogs And So-Cal Sundaes (R)** Anthony Anderson meets up with 500,000 of his friends at the Alameda County Fair in California to chow down on crazy carnival eats like a mac and cheese-stuffed burger and a lobster dog. | **PG** +CRAV01-006+ |

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| 06:30 | **Carnival Kings: What's Your Queso-DILLA, Man? (R)** Richie Farina hits the road to Southern California, where he may have met his match at the San Bernardino County Fair. | **PG** +CKIN01-006+ |

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| 07:00 | **Easy Chinese: Little Taiwan (R)** Ching-He Huang discovers the food from her youth at Monterey Park's Little Taiwan and explores what makes Taiwanese food distinct from other forms of Chinese cuisine. | **PG** +EACH02-005+ |

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

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| 08:30 | **The Grill Dads: Bigger, More Outrageous Meats (R)** The Grill Dads head to Jackson, for an insanely ginormous 40-ounce steak that's not for the faint of heart. | **PG** +GRIL01-006+ |

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| 09:00 | **Comfort Food Tour: A Symphony Of Sauces (R)** What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG** +CMFT02-006+ |

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| 09:30 | **Giada At Home: Mini Me (R)** Giada De Laurentiis creates a fun small-bite party menu that features mini versions of some of her favorite recipes over the years. | **PG** +GIHO06-023+ |

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| 10:00 | **Easy Chinese: Little Taiwan (R)** Ching-He Huang discovers the food from her youth at Monterey Park's Little Taiwan and explores what makes Taiwanese food distinct from other forms of Chinese cuisine. | **PG** +EACH02-005+ |

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| 10:30 | **Baked In Vermont: Vermont Tree Juice (R)** Late spring in Vermont can only mean one thing - maple syrup. Gesine Prado is baking up a big brunch with what remains of last season's maple syrup harvest. | **PG** +BAVE02-003+ |

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| 11:00 | **Restaurant: Impossible: Feathers Fly (R)** Chef Robert Irvine ruffles quite a few feathers when he goes to Kokomo, Ind., to help the Duncan family save their 33-year-old business, Ducky's Family Restaurant. | **PG** +RIMP07-002+ |

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| 12:00 | **The Kitchen: Get Your Grill On (R)** The hosts get their grill ready for spring and put some grilling gadgets to the test in a Tool Takedown. Jeff Mauro makes a mouth-watering Grilled Braciole and Marcela makes Grilled Cole Slaw. | **PG** +TKIT13-008+ |

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| 13:00 | **Chopped: Tailgate Party (R)** It's game time in the Chopped Kitchen for four fanatical tailgaters, who are out to prove that their passion for cooking is equal to their passion for their teams. | **PG** +CHPD27-005+ |

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| 14:00 | **Giada At Home: Mini Me (R)** Giada De Laurentiis creates a fun small-bite party menu that features mini versions of some of her favorite recipes over the years. | **PG** +GIHO06-023+ |

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| 14:30 | **The Grill Dads: Bigger, More Outrageous Meats (R)** The Grill Dads head to Jackson, for an insanely ginormous 40-ounce steak that's not for the faint of heart. | **PG** +GRIL01-006+ |

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| 15:00 | **Comfort Food Tour: A Symphony Of Sauces (R)** What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG** +CMFT02-006+ |

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| 15:30 | **Carnival Cravings With Anthony Anderson: Lobster Dogs And So-Cal Sundaes (R)** Anthony Anderson meets up with 500,000 of his friends at the Alameda County Fair in California to chow down on crazy carnival eats like a mac and cheese-stuffed burger and a lobster dog. | **PG** +CRAV01-006+ |

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| 16:00 | **Carnival Kings: What's Your Queso-DILLA, Man? (R)** Richie Farina hits the road to Southern California, where he may have met his match at the San Bernardino County Fair. | **PG** +CKIN01-006+ |

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| 16:30 | **Easy Chinese: Little Taiwan (R)** Ching-He Huang discovers the food from her youth at Monterey Park's Little Taiwan and explores what makes Taiwanese food distinct from other forms of Chinese cuisine. | **PG** +EACH02-005+ |

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| 17:00 | **Giada At Home: California Dream (R)** Giada De Laurentiis makes three California inspired recipes that culminates with a backyard feast with friends. | **PG** +GIHO06-024+ |

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| 17:30 | **The Kitchen: Serve Up Some Summer (R)** The Kitchen welcomes the flavors of summer. Head outside for the verdict on some of the worst BBQ habits, and learn new ways to keep an outdoor party cool using ice. | **PG** +TKIT13-009+ |

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| 18:30 | **Chopped: Love Bites (R)** It's food to get you in the mood, with aphrodisiacs in all of the baskets! | **PG** +CHPD27-006+ |

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| 19:30 | **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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| 20:30 | **Ramsay's Kitchen Nightmares: Bonapartes Restaurant (R) ’CC’** Gordon visits Bonaparte's Restaurant in West Yorkshire. While the head chef aspires to be on TV, Gordon discovers that he cannot cook an omelette, and winds up setting the cooker on fire. | **MA (L)**+RAKN01-001+ |

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| 21:30 | **Ramsay's Kitchen Nightmares: The Glass House (R) ’CC’** Gordon travels to The Glass House Restaurant, where orders in the kitchen are mixed up, food's not cooked properly and the customers are complaining. | **M (L)**+RAKN01-002+ |

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| 22:30 | **Ramsay's Kitchen Nightmares: The Fenwick Arms (R) ’CC’** Gordon tackles The Fenwick Arms pub in rural Lancashire. The pub is run by a landlord who, after thirty years in the business and a quadruple heart-bypass, still puts in 120 hours a week. | **MA (L)**+RAKN03-002+ |

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| 23:30 | **Chopped: Love Bites (R)** It's food to get you in the mood, with aphrodisiacs in all of the baskets! | **PG** +CHPD27-006+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-017+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Sammie's outback adventure continues. | **G** +7QWE18-027+ |

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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** +7CTC18-012+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Laurel takes a tour that offers a different perspective of Brisbane. Jess is at an adventure lovers playground while Sofie is discovering vegan alternatives in the south east. | **G** +GDOT18-033+ |

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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** +HIWA21-019+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike tries driving a rally car in Colo. Candice experiences the Sky Zone fun house. Mel checks out Bluesfest in Byron Bay. Matt tries some kid friendly cafes. Starring:CANDICE DIXON,ERICA DAVIS,MEL SYMONS,MIKE WHITNEY,MATT BASELEY | **G** +7SWE25-007+ |

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| 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** +SAWE18-017+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Sammie's outback adventure continues. | **G** +7QWE18-027+ |

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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** +7CTC18-012+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Laurel takes a tour that offers a different perspective of Brisbane. Jess is at an adventure lovers playground while Sofie is discovering vegan alternatives in the south east. | **G** +GDOT18-033+ |

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| 05:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-019+ |

 **Friday 23 August 2019**

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| 06:00 | **Throwdown With Bobby Flay: Cannoli (R)** Biagio is a world-renowned pastry chef - but he's in for a surprise when Bobby Flay shows up to challenge him to a Cannoli Throwdown. Will Biagio uphold his legacy or will his Cannoli crumble? | **PG** +TWBF09-001+ |

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| 06:30 | **Baked In Vermont: Vermont Tree Juice (R)** Late spring in Vermont can only mean one thing - maple syrup. Gesine Prado is baking up a big brunch with what remains of last season's maple syrup harvest. | **PG** +BAVE02-003+ |

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| 07:00 | **Easy Chinese: The Chinese Holy Trinity: Garlic, Ginger And Chiles (R)** Aromatics take center stage as Ching-He Huang shows you the superstar ingredients behind every Chinese staple. | **PG** +EACH02-006+ |

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

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| 08:30 | **Rachael Ray's Week In A Day: Star Ingredient (R)** Celebrate one of the world's most indispensable ingredients with an entire week's worth of garlic-charged dishes. | **PG** +WIAD03-005+ |

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| 09:30 | **Giada At Home: California Dream (R)** Giada De Laurentiis makes three California inspired recipes that culminates with a backyard feast with friends. | **PG** +GIHO06-024+ |

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| 10:00 | **Easy Chinese: The Chinese Holy Trinity: Garlic, Ginger And Chiles (R)** Aromatics take center stage as Ching-He Huang shows you the superstar ingredients behind every Chinese staple. | **PG** +EACH02-006+ |

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| 10:30 | **Baked In Vermont: The Leftovers (R)** Gesine Prado and her husband, Ray, believe in "once bitten, twice better" when it comes to leftovers. | **PG** +BAVE02-004+ |

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| 11:00 | **Rachael Ray's Week In A Day: Star Ingredient (R)** Celebrate one of the world's most indispensable ingredients with an entire week's worth of garlic-charged dishes. | **PG** +WIAD03-005+ |

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| 12:00 | **The Kitchen: Serve Up Some Summer (R)** The Kitchen welcomes the flavors of summer. Head outside for the verdict on some of the worst BBQ habits, and learn new ways to keep an outdoor party cool using ice. | **PG** +TKIT13-009+ |

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| 13:00 | **Chopped: Love Bites (R)** It's food to get you in the mood, with aphrodisiacs in all of the baskets! | **PG** +CHPD27-006+ |

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| 14:00 | **Giada At Home: California Dream (R)** Giada De Laurentiis makes three California inspired recipes that culminates with a backyard feast with friends. | **PG** +GIHO06-024+ |

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| 14:30 | **Rachael Ray's Week In A Day: Star Ingredient (R)** Celebrate one of the world's most indispensable ingredients with an entire week's worth of garlic-charged dishes. | **PG** +WIAD03-005+ |

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| 15:30 | **Easy Chinese: The Chinese Holy Trinity: Garlic, Ginger And Chiles (R)** Aromatics take center stage as Ching-He Huang shows you the superstar ingredients behind every Chinese staple. | **PG** +EACH02-006+ |

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| 16:00 | **Throwdown With Bobby Flay: Cannoli (R)** Biagio is a world-renowned pastry chef - but he's in for a surprise when Bobby Flay shows up to challenge him to a Cannoli Throwdown. Will Biagio uphold his legacy or will his Cannoli crumble? | **PG** +TWBF09-001+ |

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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** +HOWL03-026+ |

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| 17:30 | **The Kitchen: Summer Sides (R)** The Kitchen is serving up summer sides! Sunny Anderson turns dinner favorite steak and potatoes into an Easy T-Bone Steak N' Potato Salad. | **PG** +TKIT13-010+ |

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| 18:30 | **Chopped: Cooking Caribbean (R)** Full of flavor and fun, Caribbean cuisine is the focus of this special Chopped competition! | **PG** +CHPD27-007+ |

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

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| 20:30 | **Mystery Diners: Repeat Offender (R)** The undercover team discover that a problem employee, previously busted by Charles, is now working for a New Orleans restaurateur. | **PG** +MYSD09-007+ |

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| 21:00 | **Mystery Diners: Mystery Wedding (R)** Kristy and Sarah, owners of Movie sets in New Orleans, are concerned about theft at their prop house-turned-event center. | **PG** +MYSD09-008+ |

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| 21:30 | **Cutthroat Kitchen: Chip Off The ol' Baklava (R)** The chefs have to rummage through boxes, to get their cookware, in the first challenge. Later, kitchen tools are replaced with tortilla chips; and ingredients must be harvested out of a pot of honey. | **PG** +CUTK05-008+ |

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| 22:30 | **Carnival Cravings With Anthony Anderson: Lobster Dogs And So-Cal Sundaes (R)** Anthony Anderson meets up with 500,000 of his friends at the Alameda County Fair in California to chow down on crazy carnival eats like a mac and cheese-stuffed burger and a lobster dog. | **PG** +CRAV01-006+ |

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| 23:00 | **Carnival Kings: What's Your Queso-DILLA, Man? (R)** Richie Farina hits the road to Southern California, where he may have met his match at the San Bernardino County Fair. | **PG** +CKIN01-006+ |

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| 23:30 | **Mystery Diners: Repeat Offender (R)** The undercover team discover that a problem employee, previously busted by Charles, is now working for a New Orleans restaurateur. | **PG** +MYSD09-007+ |

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| 00:00 | **Mystery Diners: Mystery Wedding (R)** Kristy and Sarah, owners of Movie sets in New Orleans, are concerned about theft at their prop house-turned-event center. | **PG** +MYSD09-008+ |

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| 00:30 | **Chopped: Cooking Caribbean (R)** Full of flavor and fun, Caribbean cuisine is the focus of this special Chopped competition! | **PG** +CHPD27-007+ |

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| 01:30 | **Throwdown With Bobby Flay: Cannoli (R)** Biagio is a world-renowned pastry chef - but he's in for a surprise when Bobby Flay shows up to challenge him to a Cannoli Throwdown. Will Biagio uphold his legacy or will his Cannoli crumble? | **PG** +TWBF09-001+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Jess discovers a delicious antidote to fast food, we learn the benefits of a Girls Night In, swimming superstar Ariarne Titmus shares her Great Day Out while Sofie is enjoying a little island time. | **G** +GDOT18-034+ |

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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** +HIWA21-020+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** This year Sydney Weekender is turning 25! And to celebrate, Mike is cruising around Sydney Harbour with Barefoot Charters. Erica is cruising down to Melbourne for the race that stops the nation! Starring:ERICA DAVIS,MIKE WHITNEY | **G** +7SWE25-008+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-018+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Bridget is out on the reef, Sammie is cycling the Coral Coastline and Duane is surfing north QLD-style. | **G** +7QWE18-028+ |

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| 04:30 | **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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| 05:00 | **The Great Day Out (R) ’CC’** Jess discovers a delicious antidote to fast food, we learn the benefits of a Girls Night In, swimming superstar Ariarne Titmus shares her Great Day Out while Sofie is enjoying a little island time. | **G** +GDOT18-034+ |

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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** +HIWA21-020+ |

 **Saturday 24 August 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** This year Sydney Weekender is turning 25! And to celebrate, Mike is cruising around Sydney Harbour with Barefoot Charters. Erica is cruising down to Melbourne for the race that stops the nation! Starring:ERICA DAVIS,MIKE WHITNEY | **G** +7SWE25-008+ |

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| 06:30 | **Better Homes And Gardens (R) ’CC’** Joh and Pete take a look at Seed House in Sydney. Dr. Harry gets a taste of life with an alpaca. Adam shows you how to make a street library. Ed makes grilled haloumi and pumpkin Tex-Mex tacos. | **G** +BHAG25-029+ |

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| 08:00 | **Easy Chinese: Use Your Noodle (R)** The almighty Chinese noodle gets the red-carpet treatment as Ching-He Huang explores the variety of Chinese noodles and how they are used. | **PG** +EACH02-007+ |

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| 08:30 | **The Kitchen: Summer Sides (R)** The Kitchen is serving up summer sides! Sunny Anderson turns dinner favorite steak and potatoes into an Easy T-Bone Steak N' Potato Salad. | **PG** +TKIT13-010+ |

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| 09:30 | **Easy Chinese: Use Your Noodle (R)** The almighty Chinese noodle gets the red-carpet treatment as Ching-He Huang explores the variety of Chinese noodles and how they are used. | **PG** +EACH02-007+ |

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| 10:00 | **Cutthroat Kitchen: Chip Off The ol' Baklava (R)** The chefs have to rummage through boxes, to get their cookware, in the first challenge. Later, kitchen tools are replaced with tortilla chips; and ingredients must be harvested out of a pot of honey. | **PG** +CUTK05-008+ |

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| 11:00 | **Bizarre Foods With Andrew Zimmern: Hong Kong (R)** Hong Kong is a food lover's nirvana and the center for Traditional Chinese Medicine. Can Andrew eat his way to good health while feeding his hunger for some of the city's most iconic foods? | **PG (A,V)**+BIFO04-014+ |

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| 12:00 | **Chopped: Cooking Caribbean (R)** Full of flavor and fun, Caribbean cuisine is the focus of this special Chopped competition! | **PG** +CHPD27-007+ |

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| 13:00 | **Cutthroat Kitchen: Chip Off The ol' Baklava (R)** The chefs have to rummage through boxes, to get their cookware, in the first challenge. Later, kitchen tools are replaced with tortilla chips; and ingredients must be harvested out of a pot of honey. | **PG** +CUTK05-008+ |

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| 14:00 | **Carnival Cravings With Anthony Anderson: Lobster Dogs And So-Cal Sundaes (R)** Anthony Anderson meets up with 500,000 of his friends at the Alameda County Fair in California to chow down on crazy carnival eats like a mac and cheese-stuffed burger and a lobster dog. | **PG** +CRAV01-006+ |

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| 14:30 | **Carnival Kings: What's Your Queso-DILLA, Man? (R)** Richie Farina hits the road to Southern California, where he may have met his match at the San Bernardino County Fair. | **PG** +CKIN01-006+ |

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| 15:00 | **The Kitchen: Summer Sides (R)** The Kitchen is serving up summer sides! Sunny Anderson turns dinner favorite steak and potatoes into an Easy T-Bone Steak N' Potato Salad. | **PG** +TKIT13-010+ |

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| 16:00 | **Bizarre Foods With Andrew Zimmern: Hong Kong (R)** Hong Kong is a food lover's nirvana and the center for Traditional Chinese Medicine. Can Andrew eat his way to good health while feeding his hunger for some of the city's most iconic foods? | **PG (A,V)**+BIFO04-014+ |

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| 17:00 | **Carnival Cravings With Anthony Anderson: Lobster Dogs And So-Cal Sundaes (R)** Anthony Anderson meets up with 500,000 of his friends at the Alameda County Fair in California to chow down on crazy carnival eats like a mac and cheese-stuffed burger and a lobster dog. | **PG** +CRAV01-006+ |

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| 17:30 | **Carnival Kings: What's Your Queso-DILLA, Man? (R)** Richie Farina hits the road to Southern California, where he may have met his match at the San Bernardino County Fair. | **PG** +CKIN01-006+ |

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| 18:00 | **Mystery Diners: Repeat Offender (R)** The undercover team discover that a problem employee, previously busted by Charles, is now working for a New Orleans restaurateur. | **PG** +MYSD09-007+ |

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| 18:30 | **Mystery Diners: Mystery Wedding (R)** Kristy and Sarah, owners of Movie sets in New Orleans, are concerned about theft at their prop house-turned-event center. | **PG** +MYSD09-008+ |

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| 19:00 | **My France With Manu: The Rhone Valley (R) ’CC’** Manu returns to take us on another journey through his home country. Beginning in the French Alps, he goes mountain biking before heading to Lyon to learn boat jousting and to try the local cuisine. | **PG** +MANU2-001+ |

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| 20:00 | **Beach Eats USA: Hidden Gems** Curtis Stone uncovers the beach spots tucked away from the beaten path and serving amazing food to those who know where to find it. | **PG** +BEEA01-006+ |

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| 20:30 | **Iron Chef America: Guarnaschelli VS. Sutherland (R)** Minnesota chef Justin Sutherland brings his contemporary Southern cuisine to Kitchen Stadium in an attempt to fleece Iron Chef Alex Guarnaschelli.  | **PG** +ICAM13-006+ |

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| 21:30 | **Iron Chef America: Forgione VS. Dang (R)** Vietnamese Chef Thai Dang fishes for a win from the Chairman during his battle against Iron Chef Marc Forgione. Judges Jonathan Waxman and Tanya Holland will determine a winner. | **PG** +ICAM13-007+ |

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| 22:30 | **The Grill Dads: Bigger, More Outrageous Meats (R)** The Grill Dads head to Jackson, for an insanely ginormous 40-ounce steak that's not for the faint of heart. | **PG** +GRIL01-006+ |

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| 23:00 | **Comfort Food Tour: A Symphony Of Sauces (R)** What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG** +CMFT02-006+ |

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| 23:30 | **Diners, Drive-Ins and Dives: Sammies And Stew (R)** Guy Fieri's diggin' into some super sandwiches and savoury stew. | **PG** +DDID18-006+ |

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| 00:00 | **Diners, Drive-Ins and Dives: All Kinds Of Gobble Gobble (R)** Guy Fieri's gettin' a variety of Thanksgiving tastes and treasures. | **PG** +DDID18-007+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-019+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Bridget is on a journey through tropical north Queensland in celebration of Indigenous culture. | **G** +7QWE18-029+ |

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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 | **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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| 02:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-021+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike's cruising the Tweed River in search of lunch! Sally's pulling on her skates and checking out the latest craze to hit the ice - bubble soccer! Starring:SALLY STANTON,MIKE WHITNEY | **G** +7SWE25-009+ |

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| 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** +SAWE18-019+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Bridget is on a journey through tropical north Queensland in celebration of Indigenous culture. | **G** +7QWE18-029+ |

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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 | **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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| 05:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-021+ |