**Sunday 20 January 2019**

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| 06:00 | **Creek To Coast (R) ’CC’** Scotty is doing some modelling, don't worry it's for a good cause, before wetting a line in Townsville. Bridget is all revved up in her hometown of Pittsworth and Roger has left the bitumen behind. | **G** +7CTC18-025+ |

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| 06:30 | **Better Homes And Gardens (R) ’CC’** Joh visit the home of My Kitchen Rules judge Pete Evans. Adam, Jason and Tara team up to renovate areas of the home for $1000. Karen makes Portugese tarts.  | **G** +BHAG24-006+ |

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| 07:30 | **Intolerant Cooks: Ep 7 - Here Today Gone Tomato! (R)** Join witty food intolerants as they create delicious recipes using fresh regional produce for those with food sensitivities. | **G** +INTC04-007+ |

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| 08:00 | **My France With Manu: The Rhone Valley - Part 2 (R) ’CC’** Manu starts in Provence where he plays petanque. In Camargue, Manu herds cattle with local cowboys and learns bull fighting in Arles. On the Cote d'Azur, Manu goes cliff diving and visits his family. | **PG** +MANU2-002+ |

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| 09:00 | **Throwdown With Bobby Flay: Salmon Chowder (R)** Written up continuously in Seattle's "Best of" categories, these chefs are confident in the kitchen but what will happen when Chef Bobby Flay shows up to Throwdown his own version of Salmon Chowder? | **PG** +TWBF09-004+ |

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| 09:30 | **Ten Dollar Dinners: Catch Of The Day Cookout (R)** Melissa d'Arabian takes grilling beyond steaks and burgers with a light fish menu. | **PG** +TEDD07-008+ |

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| 10:00 | **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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| 11:00 | **Iron Chef America: Guarnaschelli VS. Williams (R)** Boston Chef Douglass Williams makes the most of a little vegetable in a battle against Iron Chef Alex Guarnaschelli. Ming-Na Wen and John T. Edge will determine which chef triumphs. | **PG** +ICAM13-008+ |

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| 12:00 | **Rachael Ray's Week In A Day: Soups, Stews And Sloppy Lous (R)** The woman who taught America how to make a meal in 30 minutes is back with an even bigger promise: one day of cooking, up to five days of eating! | **PG** +WIAD05-009+ |

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| 13:00 | **Guy's Grocery Games: Last Judge Standing Tournament Finale: Judgement Day (R)** Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG** +GUGG15-009+ |

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| 14:00 | **Intolerant Cooks: Ep 7 - Here Today Gone Tomato! (R)** Join witty food intolerants as they create delicious recipes using fresh regional produce for those with food sensitivities. | **G** +INTC04-007+ |

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| 14:30 | **My France With Manu: The Rhone Valley - Part 2 (R) ’CC’** Manu starts in Provence where he plays petanque. In Camargue, Manu herds cattle with local cowboys and learns bull fighting in Arles. On the Cote d'Azur, Manu goes cliff diving and visits his family. | **PG** +MANU2-002+ |

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| 15:30 | **Throwdown With Bobby Flay: Salmon Chowder (R)** Written up continuously in Seattle's "Best of" categories, these chefs are confident in the kitchen but what will happen when Chef Bobby Flay shows up to Throwdown his own version of Salmon Chowder? | **PG** +TWBF09-004+ |

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| 16:00 | **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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| 17:00 | **Iron Chef America: Guarnaschelli VS. Williams (R)** Boston Chef Douglass Williams makes the most of a little vegetable in a battle against Iron Chef Alex Guarnaschelli. Ming-Na Wen and John T. Edge will determine which chef triumphs. | **PG** +ICAM13-008+ |

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| 18:00 | **Kid's Baking Championship: Pizza For Dessert (R)** The kids have to get creative to turn pizza into a sweet treat by creating dessert pizzas. | **PG** +KBAC04-002+ |

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

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| 19:30 | **Cake Wars: Space Jam (R) NEW EPISODE**Bugs Bunny, Daffy Duck and the Looney Tunes gang are headed to Cake Wars to celebrate the 20th anniversary of the classic basketball movie, Space Jam. | **PG** +CAKW04-008+ |

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| 20:30 | **Cupcake Wars: The King Of Cupcakes NEW EPISODE**A whole lotta shakin' will be going on in the kitchen as four cupcake makers fight for the chance to serve their cupcakes at an exclusive party in Memphis celebrating The King, Elvis Presley. | **PG** +CUPW07-009+ |

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| 21:30 | **Cupcake Wars: The Young And The Restless NEW EPISODE**Four cupcake makers face off to for the chance to be featured at an exclusive cast and crew party celebrating the 10,000th episode of the classic soap, The Young and the Restless. | **PG** +CUPW07-010+ |

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| 22:30 | **Ridiculous Cakes: It's a Bird! It's a Plane! No, It's a Cake! (R)** A cake celebrating Superman becomes one cake artist's kryptonite. A cake for a stylish client could be a fashion faux pas, and a cake that explodes with candy is a sweet surprise. | **PG** +RICA02-008+ |

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| 23:00 | **Kid's Baking Championship: Pizza For Dessert (R)** The kids have to get creative to turn pizza into a sweet treat by creating dessert pizzas. | **PG** +KBAC04-002+ |

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| 00:00 | **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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| 00:30 | **The Great Day Out (R) ’CC’** The Great Day Out team is enjoying a little indulgence in beautiful Broadbeach this week, from family, to fun, and fine fare. | **G** +GDOT18-007+ |

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

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| 01:30 | **Creek To Coast (R) ’CC’** Olivia is having her perfect day on Fraser Island. Jess is camping in Byron Bay. Andrew shares a delicious fish taco recipe and Scotty is at his favourite part of the world, Lucinda. | **G** +7CTC18-026+ |

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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** +SAWE18-011+ |

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| 02:30 | **Home In WA (R)** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-014+ |

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| 03:00 | **Sean's Kitchen (R) ’CC’**  Follow Sean Connolly, one of Australia's most well-respected and celebrated chefs, in his bid to showcase outstanding South Australian produce in his new restaurant named Sean's Kitchen. | **G** +SEKI02-003+ |

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| 03:30 | **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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| 04:00 | **Queensland Weekender (R) ’CC’** Bridget visits an island that is like something out of Jurassic Park, Liz enjoys a thrill ride of a different kind, Curtis swaps the rolling 'blue' for rolling 'green' and Duane learns how to fly. | **G** +7QWE18-010+ |

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| 05:30 | **Home In WA (R)** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-014+ |

 **Monday 21 January 2019**

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| 06:00 | **Creek To Coast (R) ’CC’** Olivia is having her perfect day on Fraser Island. Jess is camping in Byron Bay. Andrew shares a delicious fish taco recipe and Scotty is at his favourite part of the world, Lucinda. | **G** +7CTC18-026+ |

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| 06:30 | **My Kitchen Rules 10th Anniversary Special: My Kitchen Rules 10th Anniversary Special ’CC’ (2018)** Join Manu Feildel, Pete Evans, Colin Fassnidge and some of the series' best loved and most divisive teams as we look back at the best of MKR. | **PG (L)**+AUMS55-001+ |

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| 08:00 | **Cupcake Wars: The King Of Cupcakes (R)** A whole lotta shakin' will be going on in the kitchen as four cupcake makers fight for the chance to serve their cupcakes at an exclusive party in Memphis celebrating The King, Elvis Presley. | **PG** +CUPW07-009+ |

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| 09:00 | **Cupcake Wars: The Young And The Restless (R)** Four cupcake makers face off to for the chance to be featured at an exclusive cast and crew party celebrating the 10,000th episode of the classic soap, The Young and the Restless. | **PG** +CUPW07-010+ |

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| 10:00 | **Cake Wars: Space Jam (R)** Bugs Bunny, Daffy Duck and the Looney Tunes gang are headed to Cake Wars to celebrate the 20th anniversary of the classic basketball movie, Space Jam. | **PG** +CAKW04-008+ |

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| 11:00 | **Kid's Baking Championship: Pizza For Dessert (R)** The kids have to get creative to turn pizza into a sweet treat by creating dessert pizzas. | **PG** +KBAC04-002+ |

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| 12:00 | **Better Homes And Gardens (R) ’CC’** Joh visit the home of My Kitchen Rules judge Pete Evans. Adam, Jason and Tara team up to renovate areas of the home for $1000. Karen makes Portugese tarts.  | **G** +BHAG24-006+ |

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| 13:00 | **Cupcake Wars: The King Of Cupcakes (R)** A whole lotta shakin' will be going on in the kitchen as four cupcake makers fight for the chance to serve their cupcakes at an exclusive party in Memphis celebrating The King, Elvis Presley. | **PG** +CUPW07-009+ |

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

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| 14:30 | **The Kitchen: Throw A Party For Your Pop** A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG** +TKIT13-011+ |

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| 15:30 | **The Pioneer Woman: Oh, Baby (R)** There's a new baby on the ranch, so Ree Drummond is taking a trip down memory lane and preparing a new-mom care package full of dishes she was given and plenty of pampering goodies. | **PG** +PIWO13-001+ |

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| 16:00 | **Cake Wars: Space Jam (R)** Bugs Bunny, Daffy Duck and the Looney Tunes gang are headed to Cake Wars to celebrate the 20th anniversary of the classic basketball movie, Space Jam. | **PG** +CAKW04-008+ |

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| 18:00 | **Ridiculous Cakes: It's a Bird! It's a Plane! No, It's a Cake! (R)** A cake celebrating Superman becomes one cake artist's kryptonite. A cake for a stylish client could be a fashion faux pas, and a cake that explodes with candy is a sweet surprise. | **PG** +RICA02-008+ |

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| 18:30 | **Chopped: Chopped: Beat Bobby Flay, Pt. 1 NEW EPISODE**Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG** +CHPD31-003+ |

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| 19:30 | **Kid's Baking Championship: Lemon BFFs NEW EPISODE**Duff Goldman and Valerie Bertinelli celebrate her favourite flavour, lemon, by challenging the 10 kid bakers to create lemon bar BFF desserts that highlight lemon and some of its best flavour friends. | **PG** +KBAC04-003+ |

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| 20:30 | **Spring Baking Championship** It's time for the country's top bakers to take on springtime treats as they enter the kitchen to show off their superb baking skills. | **PG** +SPBC04-007+ |

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| 23:30 | **Chopped: Chopped: Beat Bobby Flay, Pt. 1 (R)** Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG** +CHPD31-003+ |

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| 00:30 | **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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| 01:00 | **The Great Day Out (R) ’CC’** Jess gets the low-down on a new yoga craze. Courtney's trackside as we get set for the Channel Seven Brisbane Racing Carnival. Sofie enjoys Brisbane's top animal encounters. | **G** +GDOT18-008+ |

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| 01:30 | **Queensland Weekender (R) ’CC’** It's an unmissable journey into the heart of Queensland. This epic outback adventure takes in the best of the west from big skies, to big stars at Winton's Way Out West Fest. | **G** +7QWE18-011+ |

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| 02:00 | **Creek To Coast (R) ’CC’** Andrew takes us to his slice of paradise. Paul Burt is keeping us safe on the water. Olivia has some nifty fishing hacks and Scotty is in Townsville where the mackerel are leaping from the water. | **G** +7CTC18-027+ |

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| 02:30 | **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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| 03:00 | **Home In WA (R)** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-015+ |

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| 03:30 | **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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| 05:30 | **Home In WA (R)** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-015+ |

 **Tuesday 22 January 2019**

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| 06:00 | **Creek To Coast (R) ’CC’** Andrew takes us to his slice of paradise. Paul Burt is keeping us safe on the water. Olivia has some nifty fishing hacks and Scotty is in Townsville where the mackerel are leaping from the water. | **G** +7CTC18-027+ |

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| 06:30 | **The Pioneer Woman: Oh, Baby (R)** There's a new baby on the ranch, so Ree Drummond is taking a trip down memory lane and preparing a new-mom care package full of dishes she was given and plenty of pampering goodies. | **PG** +PIWO13-001+ |

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| 07:00 | **Giada At Home: Feel-Good Food (R)** Giada makes four healthy recipes that may be low in fat and calories, but are full of amazing flavour. | **PG** +GIHO06-018+ |

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| 07:30 | **The Kitchen: Throw A Party For Your Pop (R)** A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG** +TKIT13-011+ |

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| 08:30 | **Spring Baking Championship (R)** It's time for the country's top bakers to take on springtime treats as they enter the kitchen to show off their superb baking skills. | **PG** +SPBC04-007+ |

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| 09:30 | **Spring Baking Championship (R)** It's time for the country's top bakers to take on springtime treats as they enter the kitchen to show off their superb baking skills. | **PG** +SPBC04-008+ |

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| 13:00 | **Giada At Home: Feel-Good Food (R)** Giada makes four healthy recipes that may be low in fat and calories, but are full of amazing flavour. | **PG** +GIHO06-018+ |

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| 13:30 | **Chopped: Chopped: Beat Bobby Flay, Pt. 1 (R)** Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG** +CHPD31-003+ |

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| 14:30 | **The Kitchen: All Deck'd Out** A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG** +TKIT13-012+ |

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| 15:30 | **The Pioneer Woman: A Tale Of Four Lunches (R)** Ree Drummond's whipping up four legendary lunches, from crowd pleasers to solo pleasures. | **PG** +PIWO13-002+ |

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| 16:00 | **Giada At Home: Feel-Good Food (R)** Giada makes four healthy recipes that may be low in fat and calories, but are full of amazing flavour. | **PG** +GIHO06-018+ |

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| 16:30 | **Spring Baking Championship (R)** It's time for the country's top bakers to take on springtime treats as they enter the kitchen to show off their superb baking skills. | **PG** +SPBC04-008+ |

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| 17:30 | **Kid's Baking Championship: Lemon BFFs (R)** Duff Goldman and Valerie Bertinelli celebrate her favourite flavour, lemon, by challenging the 10 kid bakers to create lemon bar BFF desserts that highlight lemon and some of its best flavour friends. | **PG** +KBAC04-003+ |

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| 18:30 | **Chopped: Midnight Snack Attack NEW EPISODE**Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG** +CHPD31-004+ |

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| 19:30 | **Mystery Diners: Art Show Sting (R)** When a restaurant owner suspects employees of not doing their jobs - whether it be stealing, lying, mistreating customers or generally doing lousy work - they call in the Mystery Diners. | **PG (L,A)**+MYSD10-002+ |

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| 20:00 | **Mystery Diners: Young Blood (R)** When a restaurant owner suspects employees of not doing their jobs - whether it be stealing, lying, mistreating customers or generally doing lousy work - they call in the Mystery Diners. | **PG (L,A)**+MYSD10-003+ |

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| 20:30 | **Restaurant Impossible: Feathers Fly NEW EPISODE**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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| 21:30 | **Restaurant Impossible: His Way Or The Highway NEW EPISODE**The Windsor 75 in Windsor, Conn., is just seven years old, but is filled with problems - including an outdated decor, five different menus and an overworked staff. | **PG** +RIMP07-003+ |

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| 00:30 | **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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| 01:00 | **The Great Day Out (R) ’CC’** Alastair digs deep and meets some passionate Toowoomba farmers. Sofie heads to the Great Barrier Reef. Damien gets the scoop on the new GOMA exhibition while Laurel uncovers some recycled gems. | **G** +GDOT18-009+ |

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| 01:30 | **Queensland Weekender (R) ’CC’** Opa! Kip is embracing all things Greek which means dancing, feasting and smashing of plates! | **G** +7QWE18-012+ |

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| 02:00 | **Creek To Coast (R) ’CC’** Dreaming of getting away, Roger has an easy family 4WD weekend planned. Scotty is going from sooty to barra on the Burdekin Falls Dam. | **G** +7CTC18-028+ |

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| 02:30 | **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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| 03:00 | **Home In WA (R)** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-016+ |

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| 03:30 | **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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| 04:00 | **The Great Day Out (R) ’CC’** Alastair digs deep and meets some passionate Toowoomba farmers. Sofie heads to the Great Barrier Reef. Damien gets the scoop on the new GOMA exhibition while Laurel uncovers some recycled gems. | **G** +GDOT18-009+ |

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| 04:30 | **Queensland Weekender (R) ’CC’** Opa! Kip is embracing all things Greek which means dancing, feasting and smashing of plates! | **G** +7QWE18-012+ |

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| 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** +SAWE18-013+ |

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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** +HIWA21-016+ |

 **Wednesday 23 January 2019**

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| 06:00 | **Creek To Coast (R) ’CC’** Dreaming of getting away, Roger has an easy family 4WD weekend planned. Scotty is going from sooty to barra on the Burdekin Falls Dam. | **G** +7CTC18-028+ |

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| 06:30 | **The Pioneer Woman: A Tale Of Four Lunches (R)** Ree Drummond's whipping up four legendary lunches, from crowd pleasers to solo pleasures. | **PG** +PIWO13-002+ |

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| 07:00 | **Giada At Home: Springtime In Italy** Giada makes a very traditional Italian Easter luncheon for her family using the fresh flavors of Italy. The menu features Italian Springtime Lamb, Artichoke Risotto and Whipped Ricotta Salad. | **PG** +GIHO06-019+ |

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| 07:30 | **The Kitchen: All Deck'd Out (R)** A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG** +TKIT13-012+ |

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| 08:30 | **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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| 09:30 | **Restaurant Impossible: His Way Or The Highway (R)** The Windsor 75 in Windsor, Conn., is just seven years old, but is filled with problems - including an outdated decor, five different menus and an overworked staff. | **PG** +RIMP07-003+ |

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| 10:30 | **The Pioneer Woman: A Tale Of Four Lunches (R)** Ree Drummond's whipping up four legendary lunches, from crowd pleasers to solo pleasures. | **PG** +PIWO13-002+ |

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| 11:00 | **The Kitchen: All Deck'd Out (R)** A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG** +TKIT13-012+ |

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| 12:00 | **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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| 13:00 | **Giada At Home: Springtime In Italy (R)** Giada makes a very traditional Italian Easter luncheon for her family using the fresh flavors of Italy. The menu features Italian Springtime Lamb, Artichoke Risotto and Whipped Ricotta Salad. | **PG** +GIHO06-019+ |

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| 13:30 | **Chopped: Midnight Snack Attack (R)** Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG** +CHPD31-004+ |

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| 14:30 | **The Kitchen: Patriotic Party** A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG** +TKIT13-013+ |

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| 15:30 | **The Pioneer Woman: FAQ (R)** Ree Drummond hosts a Pioneer Woman Q and A with answers starring a stunning Slow Cooker Mexican Soup and a healthy Killer Kale Salad. | **PG** +PIWO13-003+ |

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| 16:00 | **Giada At Home: Springtime In Italy (R)** Giada makes a very traditional Italian Easter luncheon for her family using the fresh flavors of Italy. The menu features Italian Springtime Lamb, Artichoke Risotto and Whipped Ricotta Salad. | **PG** +GIHO06-019+ |

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| 16:30 | **Restaurant Impossible: His Way Or The Highway (R)** The Windsor 75 in Windsor, Conn., is just seven years old, but is filled with problems - including an outdated decor, five different menus and an overworked staff. | **PG** +RIMP07-003+ |

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| 17:30 | **Mystery Diners: Art Show Sting (R)** When a restaurant owner suspects employees of not doing their jobs - whether it be stealing, lying, mistreating customers or generally doing lousy work - they call in the Mystery Diners. | **PG (L,A)**+MYSD10-002+ |

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| 18:00 | **Mystery Diners: Young Blood (R)** When a restaurant owner suspects employees of not doing their jobs - whether it be stealing, lying, mistreating customers or generally doing lousy work - they call in the Mystery Diners. | **PG (L,A)**+MYSD10-003+ |

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| 18:30 | **Chopped: Chopped: Beat Bobby Flay, Pt. 2 NEW EPISODE**Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG** +CHPD31-005+ |

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| 19:30 | **Ramsay's Hotel Hell: Hotel Chester (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 (L)**+HELL02-004+ |

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| 20:30 | **Ramsay's Kitchen Nightmares USA: Mill Street Bistro - Part 1 ’CC’** Chef Gordon Ramsay travels to Norwalk, OH, to visit Mill Street Bistro in the first part of a special two-part episode. Starring:GORDON RAMSAY | **M (L)**+KNUS06-011+ |

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| 21:30 | **Ramsay's Kitchen Nightmares USA: Mill Street Bistro - Part 2 ’CC’** Chef Ramsay continues to come head-to-head with Mill Street Bistro owner Joe Nagy over the quality of food in his restaurant. Starring:GORDON RAMSAY | **M (L)**+KNUS06-012+ |

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| 22:30 | **Ramsay's Hotel Hell: Hotel Chester (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 (L)**+HELL02-004+ |

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| 23:30 | **Chopped: Chopped: Beat Bobby Flay, Pt. 2 (R)** Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG** +CHPD31-005+ |

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| 00:30 | **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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| 01:00 | **The Great Day Out (R) ’CC’** Alastair gets a taste of the south east's newest night markets, Nathan Spurling shares his Great Day Out, Jess learns the ins and outs of silversmithing and Sofie is back in paradise. | **G** +GDOT18-010+ |

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| 01:30 | **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** +7QWE18-013+ |

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| 02:00 | **Creek To Coast (R) ’CC’** Sammie is in the Valley of the Lakes, Luke and Cody are getting down and dirty on the Condamine River while Scotty has all the tips to keep you safe on the road when towing a caravan. | **G** +7CTC18-029+ |

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| 02:30 | **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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| 03:00 | **Home In WA (R)** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-017+ |

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| 03:30 | **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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| 04:00 | **The Great Day Out (R) ’CC’** Alastair gets a taste of the south east's newest night markets, Nathan Spurling shares his Great Day Out, Jess learns the ins and outs of silversmithing and Sofie is back in paradise. | **G** +GDOT18-010+ |

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| 04:30 | **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** +7QWE18-013+ |

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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** +SAWE18-014+ |

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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** +HIWA21-017+ |

 **Thursday 24 January 2019**

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| 06:00 | **Creek To Coast (R) ’CC’** Sammie is in the Valley of the Lakes, Luke and Cody are getting down and dirty on the Condamine River while Scotty has all the tips to keep you safe on the road when towing a caravan. | **G** +7CTC18-029+ |

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| 06:30 | **The Pioneer Woman: FAQ (R)** Ree Drummond hosts a Pioneer Woman Q and A with answers starring a stunning Slow Cooker Mexican Soup and a healthy Killer Kale Salad. | **PG** +PIWO13-003+ |

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| 07:00 | **Giada At Home: Recipe Swap** Giada De Laurentiis makes Spicy Citrus Popcorn to snack on in the kitchen, and then Aunt Raffy shows up and teaches Giada one of her favorite recipes, Quinoa and Ceci Soup. | **PG** +GIHO06-020+ |

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| 07:30 | **The Kitchen: Patriotic Party (R)** A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG** +TKIT13-013+ |

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| 08:30 | **Better Homes And Gardens (R) ’CC’** Joh catches up with Emily Seebohm and Mitch Larkin ahead of the Commonwealth Games. Dr Harry meets with paralympian Gerrard Gosens and his guide dog, Boss. Karen makes spiced braised beans. | **G** +BHAG24-008+ |

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| 10:00 | **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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| 10:30 | **The Pioneer Woman: FAQ (R)** Ree Drummond hosts a Pioneer Woman Q and A with answers starring a stunning Slow Cooker Mexican Soup and a healthy Killer Kale Salad. | **PG** +PIWO13-003+ |

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| 11:00 | **The Kitchen: Patriotic Party (R)** A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG** +TKIT13-013+ |

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| 12:00 | **Guy's Grocery Games: Last Judge Standing Tournament, Pt. 1 (R)** Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG** +GUGG15-005+ |

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| 13:00 | **Giada At Home: Recipe Swap (R)** Giada De Laurentiis makes Spicy Citrus Popcorn to snack on in the kitchen, and then Aunt Raffy shows up and teaches Giada one of her favorite recipes, Quinoa and Ceci Soup. | **PG** +GIHO06-020+ |

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| 13:30 | **Chopped: Chopped: Beat Bobby Flay, Pt. 2 (R)** Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG** +CHPD31-005+ |

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| 14:30 | **The Kitchen: Grillin' And Chillin' (R)** The Kitchen is grillin' and chillin' for summer. Marcela Valladolid kicks off a triple-threat meal with her Grilled Adobo Rubbed Chicken. | **PG** +TKIT14-001+ |

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| 15:30 | **The Pioneer Woman: Market Meet-Up (R)** Ree Drummond is opening a mercantile at her building in town, so she's throwing an on-site dinner for her girlfriends who've helped her stock the store. | **PG** +PIWO13-004+ |

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| 16:00 | **Giada At Home: Recipe Swap (R)** Giada De Laurentiis makes Spicy Citrus Popcorn to snack on in the kitchen, and then Aunt Raffy shows up and teaches Giada one of her favorite recipes, Quinoa and Ceci Soup. | **PG** +GIHO06-020+ |

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| 16:30 | **Guy's Grocery Games: Last Judge Standing Tournament, Pt. 1 (R)** Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG** +GUGG15-005+ |

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| 17:30 | **Rachael Ray's Week In A Day: Tricks, Treats And Sweets (R)** A Halloween week menu sure to satisfy ghouls, ghosts and goblins of all ages. | **PG** +WIAD05-005+ |

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| 18:30 | **Chopped: Cheap Eats NEW EPISODE**Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG** +CHPD31-006+ |

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| 19:30 | **Ramsay's Hotel Hell: River Rock (R) ’CC’** A run-down Pennsylvania hotel needs to be cleaned of dead bugs and stained bedspreads. Starring:GORDON RAMSAY | **M (L)**+HELL01-003+ |

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

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

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| 22:30 | **Ramsay's Hotel Hell: River Rock (R) ’CC’** A run-down Pennsylvania hotel needs to be cleaned of dead bugs and stained bedspreads. Starring:GORDON RAMSAY | **M (L)**+HELL01-003+ |

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| 23:30 | **Chopped: Cheap Eats (R)** Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG** +CHPD31-006+ |

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| 00:30 | **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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| 01:00 | **The Great Day Out (R) ’CC’** Jess is island bound, on a new Stradbroke daytrip from Brisbane. While, Jill meets an icon in nature photography, Steve Parish. | **G** +GDOT18-011+ |

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| 01:30 | **Queensland Weekender (R) ’CC’** Chris is in a region that's got it all rainforest, reef, adventure and an island with more white sandy beaches than any in the Whitsundays. | **G** +7QWE18-014+ |

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| 02:00 | **Creek To Coast (R) ’CC’** Ever dreamt of getting away from it all, Trip In A Van show you how. Sally shares three delicious oyster recipes and Scott has tips for fishing with soft plastics. | **G** +7CTC18-030+ |

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| 02:30 | **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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| 03:00 | **Home In WA (R)** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-018+ |

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| 03:30 | **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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| 04:00 | **The Great Day Out (R) ’CC’** Jess is island bound, on a new Stradbroke daytrip from Brisbane. While, Jill meets an icon in nature photography, Steve Parish. | **G** +GDOT18-011+ |

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| 04:30 | **Queensland Weekender (R) ’CC’** Chris is in a region that's got it all rainforest, reef, adventure and an island with more white sandy beaches than any in the Whitsundays. | **G** +7QWE18-014+ |

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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** +SAWE18-015+ |

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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** +HIWA21-018+ |

 **Friday 25 January 2019**

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| 06:00 | **Creek To Coast (R) ’CC’** Ever dreamt of getting away from it all, Trip In A Van show you how. Sally shares three delicious oyster recipes and Scott has tips for fishing with soft plastics. | **G** +7CTC18-030+ |

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| 06:30 | **The Pioneer Woman: Market Meet-Up (R)** Ree Drummond is opening a mercantile at her building in town, so she's throwing an on-site dinner for her girlfriends who've helped her stock the store. | **PG** +PIWO13-004+ |

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| 07:00 | **Giada At Home: Spice Of Life** 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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| 07:30 | **The Kitchen: Grillin' And Chillin' (R)** The Kitchen is grillin' and chillin' for summer. Marcela Valladolid kicks off a triple-threat meal with her Grilled Adobo Rubbed Chicken. | **PG** +TKIT14-001+ |

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| 08:30 | **Guy's Grocery Games: Last Judge Standing Tournament, Pt. 4 (R)** Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG** +GUGG15-008+ |

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| 09:30 | **Better Homes And Gardens (R) ’CC’** Joh, Adam and Jason compete to build flat back furniture. Karen makes an autumn food platter. Fast Ed celebrates Prince Harry and Meghan Markle's upcoming wedding with three easy recipes. | **G** +BHAG24-014+ |

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| 10:30 | **The Pioneer Woman: Market Meet-Up (R)** Ree Drummond is opening a mercantile at her building in town, so she's throwing an on-site dinner for her girlfriends who've helped her stock the store. | **PG** +PIWO13-004+ |

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| 11:00 | **The Kitchen: Grillin' And Chillin' (R)** The Kitchen is grillin' and chillin' for summer. Marcela Valladolid kicks off a triple-threat meal with her Grilled Adobo Rubbed Chicken. | **PG** +TKIT14-001+ |

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

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| 13:00 | **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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| 13:30 | **Chopped: Cheap Eats (R)** Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG** +CHPD31-006+ |

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| 14:30 | **The Kitchen: Burger Bliss (R)** It's an all-burger bash on The Kitchen as the hosts share their secrets and recipes for building better burgers.  | **PG** +TKIT14-002+ |

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| 15:30 | **The Pioneer Woman: Tequila (R)** It's tequila all the way as Ree Drummond tests making a whole meal with a bottle of tequila. | **PG** +PIWO13-005+ |

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| 16:00 | **My Kitchen Rules 10th Anniversary Special: My Kitchen Rules 10th Anniversary Special ’CC’ (2018)** Join Manu Feildel, Pete Evans, Colin Fassnidge and some of the series' best loved and most divisive teams as we look back at the best of MKR. | **PG (L)**+AUMS55-001+ |

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

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| 18:30 | **Chopped: Chopped: Beat Bobby Flay, Pt. 3 NEW EPISODE**Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG** +CHPD31-007+ |

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| 19:30 | **Bizarre Foods With Andrew Zimmern: Hungary NEW EPISODE**In Hungary, it's not just goulash for Andrew. He breakfasts on blood cake with a family of Gypsies. He sinks his teeth into the layers of flavors that make up the food and culture old and new. | **PG (A)**+BIFO04-007+ |

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| 20:30 | **Cutthroat Kitchen: Tos-ta-da NEW EPISODE**Cutthroat Kitchen hands four chefs $25,000 and the opportunity to spend that money on helping themselves or sabotaging their competitors.  | **PG** +CUTK05-002+ |

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| 21:30 | **Cutthroat Kitchen: Here's Looking At You, Squid NEW EPISODE**Cutthroat Kitchen hands four chefs $25,000 and the opportunity to spend that money on helping themselves or sabotaging their competitors.  | **PG** +CUTK05-003+ |

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| 22:30 | **Bizarre Foods With Andrew Zimmern: Hungary (R)** In Hungary, it's not just goulash for Andrew. He breakfasts on blood cake with a family of Gypsies. He sinks his teeth into the layers of flavors that make up the food and culture old and new. | **PG (A)**+BIFO04-007+ |

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| 23:30 | **Chopped: Chopped: Beat Bobby Flay, Pt. 3 (R)** Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG** +CHPD31-007+ |

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| 00:30 | **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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| 01:00 | **The Great Day Out (R) ’CC’** Laurel meets the women behind an exotic Brisbane marketplace, Jill's got the need for speed, and Alastair and Sofie have Ipswich and Toowoomba's dining scenes covered. | **G** +GDOT18-012+ |

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| 01:30 | **Queensland Weekender (R) ’CC’** Kip's headed out west for cotton picking season, Lee is enjoying school holiday fun at Kingfisher Bay and Sammie is exploring Brisbane city by bike. | **G** +7QWE18-015+ |

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| 02:00 | **Creek To Coast (R) ’CC’** It is flattie season, which means Scotty is fishing. Roger is doing his part for drought relief. Olivia helps get your tackle box looking tip top and Andrew adds his own twist to coconut prawns. | **G** +7CTC18-031+ |

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| 02:30 | **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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| 03:00 | **Home In WA (R)** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-019+ |

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| 03:30 | **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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| 04:00 | **The Great Day Out (R) ’CC’** Laurel meets the women behind an exotic Brisbane marketplace, Jill's got the need for speed, and Alastair and Sofie have Ipswich and Toowoomba's dining scenes covered. | **G** +GDOT18-012+ |

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| 04:30 | **Queensland Weekender (R) ’CC’** Kip's headed out west for cotton picking season, Lee is enjoying school holiday fun at Kingfisher Bay and Sammie is exploring Brisbane city by bike. | **G** +7QWE18-015+ |

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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** +SAWE18-016+ |

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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** +HIWA21-019+ |

 **Saturday 26 January 2019**

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| 06:00 | **Creek To Coast (R) ’CC’** It is flattie season, which means Scotty is fishing. Roger is doing his part for drought relief. Olivia helps get your tackle box looking tip top and Andrew adds his own twist to coconut prawns. | **G** +7CTC18-031+ |

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| 06:30 | **The Pioneer Woman: Tequila (R)** It's tequila all the way as Ree Drummond tests making a whole meal with a bottle of tequila. | **PG** +PIWO13-005+ |

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| 07:00 | **Giada At Home: Lunch With Mom** Giada prepares a special Mother's Day lunch for her sister and their kids.  | **PG** +GIHO06-022+ |

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

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| 08:30 | **Cutthroat Kitchen: Tos-ta-da (R)** Cutthroat Kitchen hands four chefs $25,000 and the opportunity to spend that money on helping themselves or sabotaging their competitors.  | **PG** +CUTK05-002+ |

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| 09:30 | **Cutthroat Kitchen: Here's Looking At You, Squid (R)** Cutthroat Kitchen hands four chefs $25,000 and the opportunity to spend that money on helping themselves or sabotaging their competitors.  | **PG** +CUTK05-003+ |

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| 10:30 | **The Pioneer Woman: Tequila (R)** It's tequila all the way as Ree Drummond tests making a whole meal with a bottle of tequila. | **PG** +PIWO13-005+ |

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| 11:00 | **The Kitchen: Burger Bliss (R)** It's an all-burger bash on The Kitchen as the hosts share their secrets and recipes for building better burgers.  | **PG** +TKIT14-002+ |

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| 12:00 | **Bizarre Foods With Andrew Zimmern: Hungary (R)** In Hungary, it's not just goulash for Andrew. He breakfasts on blood cake with a family of Gypsies. He sinks his teeth into the layers of flavors that make up the food and culture old and new. | **PG (A)**+BIFO04-007+ |

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| 13:00 | **Cutthroat Kitchen: Tos-ta-da (R)** Cutthroat Kitchen hands four chefs $25,000 and the opportunity to spend that money on helping themselves or sabotaging their competitors.  | **PG** +CUTK05-002+ |

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| 14:00 | **Cutthroat Kitchen: Here's Looking At You, Squid (R)** Cutthroat Kitchen hands four chefs $25,000 and the opportunity to spend that money on helping themselves or sabotaging their competitors.  | **PG** +CUTK05-003+ |

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| 15:00 | **Chopped: Chopped: Beat Bobby Flay, Pt. 3 (R)** Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG** +CHPD31-007+ |

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| 16:00 | **Ten Dollar Dinners: Saving Quarters In The French Quarter** Melissa d'Arabian serves up the flavors of New Orleans. Her Po' Boys are brimming with crispy, cornmeal-coated shrimp and tilapia, along a creamy garlic spread, lettuce, and tomatoes. | **PG** +TEDD07-009+ |

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| 16:30 | **Rachael Ray's Week In A Day: Thanksgiving Before And After** The woman who taught America how to make a meal in 30 minutes is back with an even bigger promise: one day of cooking, up to five days of eating! | **PG** +WIAD05-010+ |

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| 17:30 | **My Kitchen Rules 10th Anniversary Special: My Kitchen Rules 10th Anniversary Special ’CC’ (2018)** Join Manu Feildel, Pete Evans, Colin Fassnidge and some of the series' best loved and most divisive teams as we look back at the best of MKR. | **PG (L)**+AUMS55-001+ |

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| 19:00 | **My France With Manu: The Pyrenees (R) ’CC’** Manu returns to take us on another journey through his home country exploring the streets of Paris. its delights, and even learning the Can Can. | **PG (N)**+MANU03-001+ |

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| 20:00 | **Iron Chef America: Guarnaschelli VS. Anderson NEW EPISODE**Richmond, Virginia's schnitzel queen, Chef Brittanny Anderson, hopes that she doesn't leave Kitchen Stadium feeling blue after battling one of the Chairman's best, Iron Chef Alex Guarnaschelli. | **PG** +ICAM13-009+ |

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| 21:00 | **Iron Chef America: Symon vs. Yagihashi NEW EPISODE**Iron Chef Michael Symon faces off against the Challenger, Chicago chef Takashi Yagihashi. | **PG** +ICAM10-001+ |

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| 22:00 | **Throwdown With Bobby Flay: Mini Cupcakes NEW EPISODE**William "Chip" Brown was ahead of the curve when he opened Big Man Bakes. What will happen when chef Bobby Flay brings his best mini's west to put them to the test against LA's sweetest tastemaker?  | **PG** +TWBF09-005+ |

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| 22:30 | **Guy's Grocery Games: Grocery Rush** On a GGG first, Guy Fieri gives the chefs three turbo-charged games with only 15 to 20 minutes to shop, cook and plate. | **PG** +GUGG16-001+ |

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| 23:30 | **Ten Dollar Dinners: Saving Quarters In The French Quarter (R)** Melissa d'Arabian serves up the flavors of New Orleans. Her Po' Boys are brimming with crispy, cornmeal-coated shrimp and tilapia, along a creamy garlic spread, lettuce, and tomatoes. | **PG** +TEDD07-009+ |

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| 00:00 | **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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| 00:30 | **The Great Day Out (R) ’CC’** This week, on the Great Day Out, we've got the coasts covered. Curtis McGrath seeks after dark spooky thrills in Surfers Paradise and Nathan Spurling indulges in the Sunny Coast's over-the-top treats. | **G** +GDOT18-013+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Curtis goes behind bars at the notorious Boggo Road Gaol. Scott Hillier makes a special appearance, introducing us to some of the cute locals that live on Quoin Island. | **G** +7QWE18-016+ |

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| 01:30 | **Creek To Coast (R) ’CC’** Scotty is on the road on a 360-kilometre trip and it is all about ‘B’. He is travelling from Brisbane to Bundaberg, checking out the beaches, Bundy and beautiful places. | **G** +7CTC18-032+ |

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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** +SAWE18-017+ |

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| 02:30 | **Home In WA (R)** 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’** 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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| 05:30 | **Home In WA (R)** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-020+ |