**Sunday 21 July 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike is in Wagga Wagga getting to know the local producers. Karen heads to the food bowl of NSW - The Riverina. Luke lives life on the edge, of the NSW border that is. Starring:ERICA DAVIS,LUKE CARROLL,LIZZY LOVETTE,KAREN LEDBURY,MIKE WITNEY | **G** +7SWE25-022+ |

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| 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** +SAWE18-022+ |

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| 07:00 | **The Grill Dads: Big Eats For The Kid At Heart (R)** The Grill Dads kick off their delicious road adventure by going on the hunt for over-the-versions of food their kids absolutely love. | **PG** +GRIL01-001+ |

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| 07:30 | **TBA:** TBC | ++ |

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| 08:00 | **Manu's American Road Trip (R) ’CC’** Manu continues the road trip of a lifetime in Louisiana, the French heart of the US, where he has the privilege to cooks with the 94-year-old Queen of Creole Cuisine. | **PG** +MART01-002+ |

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| 09:00 | **Beach Eats USA: Beach Burger Joints (R)** Curtis Stone hits the beach in search of the best burger joints on America's shorelines. | **PG** +BEEA01-001+ |

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| 09:30 | **Iron Chef America: Garces Vs. Pomeroy (R)** Portland based Chef Naomi Pomeroy enters kitchen stadium to take on the newest Iron Chef Jose Garces. | **PG** +ICAM08-026+ |

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| 10:30 | **Iron Chef America: Garces Vs. Yang** Seattle based chef Rachel Yang enters Kitchen Stadium to take on the winner of the Next Iron Chef. | **PG** +ICAM08-027+ |

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| 11:30 | **Diners, Drive-Ins And Dives: From Pied To Fried (R)** Guy Fieri's travelling the nation, digging into all kinds of killer grub. In St. Petersburg, Fla., a lights-out spot loadin' up the righteous ramen. | **PG** +DDID27-007+ |

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| 12:00 | **Diners, Drive-Ins And Dives: Sammies And Spice (R)** Guy Fieri's grabbing standout sandwiches and diving into some serious spice. In Longmont, Colo., a spot putting out a primo pork burger and going crazy with cauliflower. | **PG** +DDID27-008+ |

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| 12:30 | **Manu's American Road Trip (R) ’CC’** Manu continues the road trip of a lifetime in Louisiana, the French heart of the US, where he has the privilege to cooks with the 94-year-old Queen of Creole Cuisine. | **PG** +MART01-002+ |

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| 14:00 | **The Grill Dads: Big Eats For The Kid At Heart (R)** The Grill Dads kick off their delicious road adventure by going on the hunt for over-the-versions of food their kids absolutely love. | **PG** +GRIL01-001+ |

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| 17:00 | **Iron Chef America: Garces Vs. Yang (R)** Seattle based chef Rachel Yang enters Kitchen Stadium to take on the winner of the Next Iron Chef. | **PG** +ICAM08-027+ |

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| 18:00 | **Kid's Baking Championship: Cookielicious (R)** The new season of Kids Baking Championship kicks off with a new take on everybody's favourite: cake. | **PG** +KBAC04-001+ |

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| 19:00 | **Ridiculous Cakes: Till Death Do Us Part (R)** A non-traditional bride and groom take the vow 'till death do us part' literally when they order a skeleton cake for their wedding. | **PG** +RICA02-009+ |

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| 19:30 | **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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| 20:30 | **Ramsay's Hotel Hell: The Cambridge (R) ’CC’** Gordon Ramsay checks into a haunted hotel. Starring:GORDON RAMSAY | **M (L)**+HELL01-001+ |

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| 21:30 | **Cupcake Wars: Renaissance Faire NEW EPISODE**Cupcake makers vie for a place at the VIP party celebrating the 50th anniversary of the Renaissance Pleasure Faire in Los Angeles. | **PG** +CUPW05-013+ |

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| 22:30 | **Cupcake Wars: Cupcakes On Parade (R)** Tis the season for cupcakes as four bakers compete for the opportunity to serve their cupcakes at a VIP party for the Magnificent Mile Lights Festival Parade in Chicago. | **PG** +CUPW07-008+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Victoria is on the ultimate eco experience. | **G** +7QWE18-040+ |

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| 01:30 | **Creek To Coast (R) ’CC’** Scott takes his good mate Nova breakfast radio presenter Ash Bradnam on a fishing trip south, from the Gold Coast to Ballina and Yamba. | **G** +7CTC18-022+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Jill meets the inspiring Li Cunxin, better known as Mao's Last Dancer. Laurel tries her hand at the new sport of axe throwing. Plus, Commonwealth Games diver Dom Bedggood shares his Great Day Out. | **G** +GDOT18-001+ |

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| 02:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-012+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike heads to the Southern Tablelands, and checks out a country pub with a difference. Mel checks out the Sydney International Boat Show. Lizzy goes wild at Taronga Western Plains Zoo. Starring:ERICA DAVIS,LIZZY LOVETTE,SALLY STANTON,MEL SYMONS,MIKE WHITNEY | **G** +7SWE25-023+ |

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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** +SAWE18-023+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Jill meets the inspiring Li Cunxin, better known as Mao's Last Dancer. Laurel tries her hand at the new sport of axe throwing. Plus, Commonwealth Games diver Dom Bedggood shares his Great Day Out. | **G** +GDOT18-001+ |

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| 05:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-012+ |

 **Monday 22 July 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike heads to the Southern Tablelands, and checks out a country pub with a difference. Mel checks out the Sydney International Boat Show. Lizzy goes wild at Taronga Western Plains Zoo. Starring:ERICA DAVIS,LIZZY LOVETTE,SALLY STANTON,MEL SYMONS,MIKE WHITNEY | **G** +7SWE25-023+ |

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| 06:30 | **Kid's Baking Championship: Cookielicious (R)** The new season of Kids Baking Championship kicks off with a new take on everybody's favourite: cake. | **PG** +KBAC04-001+ |

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| 07:30 | **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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| 08:30 | **Cupcake Wars: Renaissance Faire (R)** Cupcake makers vie for a place at the VIP party celebrating the 50th anniversary of the Renaissance Pleasure Faire in Los Angeles. | **PG** +CUPW05-013+ |

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| 09:30 | **Cupcake Wars: Cupcakes On Parade (R)** Tis the season for cupcakes as four bakers compete for the opportunity to serve their cupcakes at a VIP party for the Magnificent Mile Lights Festival Parade in Chicago. | **PG** +CUPW07-008+ |

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| 10:30 | **Better Homes And Gardens (R) ’CC’** Johanna and Jamie travel to rural Victoria to visit the Lauriston House, a sustainability masterpiece. Adam makes a shelf set that looks like an elephant. Ed makes barbecue a pesto flatbread. | **G** +BHAG25-025+ |

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| 12:00 | **Cupcake Wars: Renaissance Faire (R)** Cupcake makers vie for a place at the VIP party celebrating the 50th anniversary of the Renaissance Pleasure Faire in Los Angeles. | **PG** +CUPW05-013+ |

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| 13:00 | **Cupcake Wars: Cupcakes On Parade (R)** Tis the season for cupcakes as four bakers compete for the opportunity to serve their cupcakes at a VIP party for the Magnificent Mile Lights Festival Parade in Chicago. | **PG** +CUPW07-008+ |

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| 15:00 | **Ridiculous Cakes: Till Death Do Us Part (R)** A non-traditional bride and groom take the vow 'till death do us part' literally when they order a skeleton cake for their wedding. | **PG** +RICA02-009+ |

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| 15:30 | **The Pioneer Woman: Kit And Caboodle (R)** Ree Drummond's knocking out four fabulous get-ahead meal kits, portioned, prepped and ready to go.  | **PG** +PIWO13-007+ |

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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** +HOWL03-022+ |

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| 17:00 | **Giada At Home: Jade's Sleepover (R)** Giada De Laurentiis creates a delicious kid friendly menu for her daughter, Jade's, sleep-over party. | **PG** +GIHO06-004+ |

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

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| 18:30 | **Chopped: Teen Tournament: Battle 3 (R)** In the third of four preliminary competitions, a new group of teen chefs arrives in the Chopped Kitchen with tons of energy, which they put to good use cooking short rib appetizers. | **PG** +CHPD29-009+ |

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| 19:30 | **Cake Wars: Alice in Wonderland NEW EPISODE**Cake Wars goes through the looking glass as four amazing bakers put their skills to the test and take on Alice in Wonderland. The winner's cake will be featured at the 65th Anniversary celebration. | **PG** +CAKW02-013+ |

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| 20:30 | **Hell's Kitchen USA NEW EPISODE**World renowned chef Gordon Ramsay puts aspiring young chefs through rigorous cooking challenges and dinner services at his restaurant in Hollywood. | **MA (L)**+HEKI14-003+ |

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| 21:30 | **Hell's Kitchen USA NEW EPISODE**World renowned chef Gordon Ramsay puts aspiring young chefs through rigorous cooking challenges and dinner services at his restaurant in Hollywood. | **MA (L)**+HEKI14-004+ |

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| 22:30 | **Ramsay's Kitchen Nightmares USA: Olde Hitch (R) ’CC’** Tom Kessaris bought out Olde Hitching Post in Hanson, MA to hand over to his daughter, Andrea, but he never fully gave her control. Chef Ramsay is on the case. Starring:GORDON RAMSAY | **M (L)**+KNUS06-007+ |

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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** +SAWE18-024+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Chris is in a region that has it all rainforest, reef, adventure and an island with more white sandy beaches than any in the Whitsundays. | **G** +7QWE18-041+ |

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| 01:30 | **Creek To Coast (R) ’CC’** Olivia is in Rockhampton, a town full of mad keen fishers. Billy is getting down and dirty and Scott is pulling in big ones with mate Andrew. | **G** +7CTC18-023+ |

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| 02:00 | **The Great Day Out (R) ’CC’** This week on the Great Day Out, Al's scouting out Brisbane's best brunch. Gold Medallist Shannon Parry shares her Great Day Out and Sofie gets active at Noosa. | **G** +GDOT18-002+ |

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| 02:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-013+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike explores the Blue Mountains with Vintage Cadillacs. Matt gets boat buying advice at the Sydney International Boat Show. Teigan visits Tathra on the NSW Far South Coast. Starring:ERICA DAVIS,SALLY STANTON,MIKE WHITNEY,TEIGAN NASH,MATT BASELEY | **G** +7SWE25-024+ |

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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** +SAWE18-024+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Chris is in a region that has it all rainforest, reef, adventure and an island with more white sandy beaches than any in the Whitsundays. | **G** +7QWE18-041+ |

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| 04:30 | **Creek To Coast (R) ’CC’** Olivia is in Rockhampton, a town full of mad keen fishers. Billy is getting down and dirty and Scott is pulling in big ones with mate Andrew. | **G** +7CTC18-023+ |

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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** +HIWA21-013+ |

 **Tuesday 23 July 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike explores the Blue Mountains with Vintage Cadillacs. Matt gets boat buying advice at the Sydney International Boat Show. Teigan visits Tathra on the NSW Far South Coast. Starring:ERICA DAVIS,SALLY STANTON,MIKE WHITNEY,TEIGAN NASH,MATT BASELEY | **G** +7SWE25-024+ |

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| 06:30 | **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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| 07:00 | **The Pioneer Woman: Kit And Caboodle (R)** Ree Drummond's knocking out four fabulous get-ahead meal kits, portioned, prepped and ready to go.  | **PG** +PIWO13-007+ |

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| 07:30 | **Guy's Grocery Games: Grocery Rush (R)** On a GGG first, Guy Fieri gives the chefs three turbo-charged games with only 15 to 20 minutes to shop, cook and plate. | **PG** +GUGG16-001+ |

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| 08:30 | **My Greek Odyssey (R) ’CC’** Peter visits the seaport town of Nafplio, before travelling to Monemvasia. | **PG** +MYGO01-005+ |

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| 09:30 | **Giada At Home: Jade's Sleepover (R)** Giada De Laurentiis creates a delicious kid friendly menu for her daughter, Jade's, sleep-over party. | **PG** +GIHO06-004+ |

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| 15:30 | **Cake Wars: Alice in Wonderland (R)** Cake Wars goes through the looking glass as four amazing bakers put their skills to the test and take on Alice in Wonderland. The winner's cake will be featured at the 65th Anniversary celebration. | **PG** +CAKW02-013+ |

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| 16:30 | **The Pioneer Woman: Burning 101 (R)** It's springtime, which means Ladd's out burning the pastures and Ree Drummond has some hungry mouths to feed. | **PG** +PIWO13-008+ |

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| 17:00 | **Giada At Home: Diner Favorites (R)** Giada De Laurentiis puts an elegant spin on the classic burger, fries and shakes combo. In the kitchen she creates Giada's Diner Burger with the works. | **PG** +GIHO06-005+ |

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| 17:30 | **Guy's Grocery Games: Full-On Fried (R)** Four fried-food fanatics enter Flavortown to take on Guy Fieri's deep-fried games. | **PG** +GUGG16-002+ |

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| 18:30 | **Chopped: Teen Tournament: Battle 4 (R)** Four more teen chefs battle it out for the last spot in the finale. A can of something strange and a bottle of something sour are two of the ingredients that the competitors must use in the appetizer. | **PG** +CHPD29-010+ |

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| 19:30 | **Mystery Diners: From Russia Without Love (R)** Before investing his life savings in a new Russian restaurant, an aspiring restaurateur asks Charles Stiles to investigate the Russian chef he plans to go into business with. | **PG (L,A)**+MYSD11-002+ |

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| 20:00 | **Mystery Diners: Steals On Wheels (R)** After receiving several customer complaints about her meal delivery service, Cynthia contacts Charles Stiles for help. He sends in Mystery Diners Patrick and Hal, who uncover a bigger problem. | **PG (L,A)**+MYSD11-003+ |

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| 20:30 | **Restaurant: Impossible: A Lot To Lose (R)** Eileen's restaurant, Tootie's Texas BBQ in Cathedral City, started a deep decline while Eileen was battling cancer. Weeks away from closing for good, she calls on Chef Robert Irvine for a rescue. | **PG** +RIMP08-002+ |

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| 21:30 | **Restaurant: Impossible: Fiery Family Fusion (R)** Monica and Elvis opened Pasion Latin Fusion two years ago, hoping to bring fun and authentic Latin cuisine to Albuquerque, but have found little success. Worn down, they turn to Chef Robert Irvine. | **PG** +RIMP08-003+ |

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| 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** +SAWE18-025+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Olivia heads offshore, Lee explores Australia's most stunning stretch of sand by horseback while Bridget visits an island that is like something out of Jurassic Park. | **G** +7QWE18-042+ |

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| 01:30 | **Creek To Coast (R) ’CC’** Olivia is up in Rocky with Women that Fish, Duane is swimming with whales, Andrew has an easy recipe and Scotty is testing his fear of heights over the Fraser Coast hidden gem, Rainbow Beach. | **G** +7CTC18-024+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Sofie discovers some new activities on gorgeous Moreton Island. Alastair is high above Ipswich in search of the region's best produce. Commonwealth Games swimmer Emma McKeon shares her Great Day Out. | **G** +GDOT18-003+ |

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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** +HIWA21-014+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike checks out the Sydney International Boat Show. Rose heads on a guided tour with Ballina Kayaks. Fliss visits the Avoca Surf Club. Candice has lunch in Kiama. Starring:CANDICE DIXON,FELICITY URQUHART,ROSE JACOBS,MIKE WHITNEY | **G** +7SWE25-025+ |

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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** +SAWE18-025+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Olivia heads offshore, Lee explores Australia's most stunning stretch of sand by horseback while Bridget visits an island that is like something out of Jurassic Park. | **G** +7QWE18-042+ |

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| 04:30 | **Creek To Coast (R) ’CC’** Olivia is up in Rocky with Women that Fish, Duane is swimming with whales, Andrew has an easy recipe and Scotty is testing his fear of heights over the Fraser Coast hidden gem, Rainbow Beach. | **G** +7CTC18-024+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Sofie discovers some new activities on gorgeous Moreton Island. Alastair is high above Ipswich in search of the region's best produce. Commonwealth Games swimmer Emma McKeon shares her Great Day Out. | **G** +GDOT18-003+ |

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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** +HIWA21-014+ |

 **Wednesday 24 July 2019**

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| 06:00 | **Restaurant: Impossible: A Lot To Lose (R)** Eileen's restaurant, Tootie's Texas BBQ in Cathedral City, started a deep decline while Eileen was battling cancer. Weeks away from closing for good, she calls on Chef Robert Irvine for a rescue. | **PG** +RIMP08-002+ |

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| 07:00 | **The Pioneer Woman: Burning 101 (R)** It's springtime, which means Ladd's out burning the pastures and Ree Drummond has some hungry mouths to feed. | **PG** +PIWO13-008+ |

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| 07:30 | **Guy's Grocery Games: Full-On Fried (R)** Four fried-food fanatics enter Flavortown to take on Guy Fieri's deep-fried games. | **PG** +GUGG16-002+ |

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| 08:30 | **Mystery Diners: From Russia Without Love (R)** Before investing his life savings in a new Russian restaurant, an aspiring restaurateur asks Charles Stiles to investigate the Russian chef he plans to go into business with. | **PG (L,A)**+MYSD11-002+ |

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| 09:00 | **Mystery Diners: Steals On Wheels (R)** After receiving several customer complaints about her meal delivery service, Cynthia contacts Charles Stiles for help. He sends in Mystery Diners Patrick and Hal, who uncover a bigger problem. | **PG (L,A)**+MYSD11-003+ |

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| 09:30 | **Giada At Home: Diner Favorites (R)** Giada De Laurentiis puts an elegant spin on the classic burger, fries and shakes combo. In the kitchen she creates Giada's Diner Burger with the works. | **PG** +GIHO06-005+ |

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| 10:00 | **The Pioneer Woman: Burning 101 (R)** It's springtime, which means Ladd's out burning the pastures and Ree Drummond has some hungry mouths to feed. | **PG** +PIWO13-008+ |

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| 10:30 | **Throwdown With Bobby Flay: Beef Empanadas (R)** Frank has the audience dancing to his drumming and hungry for his food but when Bobby Flay shows up, will he be able to keep up with the beat or will he get beat in this flavourful competition? | **PG** +TWBF09-002+ |

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| 11:00 | **Restaurant: Impossible: Fiery Family Fusion (R)** Monica and Elvis opened Pasion Latin Fusion two years ago, hoping to bring fun and authentic Latin cuisine to Albuquerque, but have found little success. Worn down, they turn to Chef Robert Irvine. | **PG** +RIMP08-003+ |

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| 12:00 | **Guy's Grocery Games: Full-On Fried (R)** Four fried-food fanatics enter Flavortown to take on Guy Fieri's deep-fried games. | **PG** +GUGG16-002+ |

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| 13:00 | **Chopped: Teen Tournament: Battle 4 (R)** Four more teen chefs battle it out for the last spot in the finale. A can of something strange and a bottle of something sour are two of the ingredients that the competitors must use in the appetizer. | **PG** +CHPD29-010+ |

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| 14:00 | **Giada At Home: Diner Favorites (R)** Giada De Laurentiis puts an elegant spin on the classic burger, fries and shakes combo. In the kitchen she creates Giada's Diner Burger with the works. | **PG** +GIHO06-005+ |

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| 14:30 | **Restaurant: Impossible: A Lot To Lose (R)** Eileen's restaurant, Tootie's Texas BBQ in Cathedral City, started a deep decline while Eileen was battling cancer. Weeks away from closing for good, she calls on Chef Robert Irvine for a rescue. | **PG** +RIMP08-002+ |

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| 15:30 | **Restaurant: Impossible: Fiery Family Fusion (R)** Monica and Elvis opened Pasion Latin Fusion two years ago, hoping to bring fun and authentic Latin cuisine to Albuquerque, but have found little success. Worn down, they turn to Chef Robert Irvine. | **PG** +RIMP08-003+ |

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| 16:30 | **The Pioneer Woman: Deli Food Showdown (R)** Ree Drummond is testing recipes for her deli and having her friends pick which versions will end up on the menu. | **PG** +PIWO13-009+ |

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| 17:00 | **Giada At Home: Ghoulish Goodies (R)** It's Halloween and Giada De Laurentiis is creating spooky treats for the kids to enjoy at her festive backyard party. | **PG** +GIHO06-006+ |

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| 17:30 | **Guy's Grocery Games: GGG Vs. DDD (R)** Two of Guy Fieri's worlds collide as chefs from both Diners, Drive-ins and Dives and Guy's Grocery Games are pit against each other in some serious culinary combat. | **PG** +GUGG16-003+ |

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| 18:30 | **Chopped: Teen Tournament: Finale Fight (R)** Four teen winners have returned for the grand finale. The young cooks find a surf-and-turf combination in the appetizer basket and aim to distinguish themselves from their opponents. | **PG** +CHPD29-011+ |

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| 19:30 | **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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| 20:30 | **The Grill Dads: Frying Just Makes It Awesome NEW EPISODE**The road trip continues as the Grill Dads search the country for classic comfort dishes fried up into surprising and incredible meals. | **PG** +GRIL01-002+ |

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| 21:00 | **Comfort Food Tour: Tex-Mex To The Max NEW EPISODE**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** +CMFT02-002+ |

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| 21:30 | **Carnival Cravings With Anthony Anderson: Ooey-Gooey Golden State NEW EPISODE**Anthony Anderson is in Sacramento, for the county fair, where he finds cowboys aplenty and enough carnival treats to feed the whole Golden State. | **PG** +CRAV01-002+ |

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| 22:00 | **Carnival Kings: Duck, Duck...Sliders NEW EPISODE**Michelin-starred Chef Richie Farina hits the road in search of innovative culinary competitions, and he's found one at the Pima County Fair outside Tucson, Arizona. | **PG** +CKIN01-002+ |

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| 22:30 | **Diners, Drive-Ins and Dives: Servin' Up San Francisco (R)** Guy Fieri's cruisin' the San Francisco coast for a diverse culinary road trip. | **PG** +DDID18-003+ |

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| 23:00 | **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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| 23:30 | **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** +SAWE18-026+ |

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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** +7QWE18-043+ |

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| 01:30 | **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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| 02:00 | **TBA:** TBC | ++ |

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| 03:00 | **TBA:** TBC | ++ |

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

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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** +7QWE18-043+ |

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| 04:30 | **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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| 05:00 | **The Great Day Out (R) ’CC’** Join Sofie for part two of her Tangalooma Adventure. Alastair has the difficult job of tasting Brisbane's best fish and chips. Plus discus and hammer thrower, Matthew Denny shares his Great Day Out. | **G** +GDOT18-004+ |

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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+ |

 **Thursday 25 July 2019**

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| 06:00 | **Carnival Cravings With Anthony Anderson: Ooey-Gooey Golden State (R)** Anthony Anderson is in Sacramento, for the county fair, where he finds cowboys aplenty and enough carnival treats to feed the whole Golden State. | **PG** +CRAV01-002+ |

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| 06:30 | **Carnival Kings: Duck, Duck...Sliders (R)** Michelin-starred Chef Richie Farina hits the road in search of innovative culinary competitions, and he's found one at the Pima County Fair outside Tucson, Arizona. | **PG** +CKIN01-002+ |

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| 07:00 | **The Pioneer Woman: Deli Food Showdown (R)** Ree Drummond is testing recipes for her deli and having her friends pick which versions will end up on the menu. | **PG** +PIWO13-009+ |

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| 07:30 | **Guy's Grocery Games: GGG Vs. DDD (R)** Two of Guy Fieri's worlds collide as chefs from both Diners, Drive-ins and Dives and Guy's Grocery Games are pit against each other in some serious culinary combat. | **PG** +GUGG16-003+ |

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| 08:30 | **The Grill Dads: Frying Just Makes It Awesome (R)** The road trip continues as the Grill Dads search the country for classic comfort dishes fried up into surprising and incredible meals. | **PG** +GRIL01-002+ |

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| 09:00 | **TBA:** TBC | ++ |

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| 09:30 | **Giada At Home: Ghoulish Goodies (R)** It's Halloween and Giada De Laurentiis is creating spooky treats for the kids to enjoy at her festive backyard party. | **PG** +GIHO06-006+ |

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| 10:00 | **The Pioneer Woman: Deli Food Showdown (R)** Ree Drummond is testing recipes for her deli and having her friends pick which versions will end up on the menu. | **PG** +PIWO13-009+ |

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| 10:30 | **Carnival Cravings With Anthony Anderson: Ooey-Gooey Golden State (R)** Anthony Anderson is in Sacramento, for the county fair, where he finds cowboys aplenty and enough carnival treats to feed the whole Golden State. | **PG** +CRAV01-002+ |

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| 11:00 | **Diners, Drive-Ins and Dives: Servin' Up San Francisco (R)** Guy Fieri's cruisin' the San Francisco coast for a diverse culinary road trip. | **PG** +DDID18-003+ |

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

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| 13:00 | **Chopped: Teen Tournament: Finale Fight (R)** Four teen winners have returned for the grand finale. The young cooks find a surf-and-turf combination in the appetizer basket and aim to distinguish themselves from their opponents. | **PG** +CHPD29-011+ |

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| 14:00 | **Giada At Home: Ghoulish Goodies (R)** It's Halloween and Giada De Laurentiis is creating spooky treats for the kids to enjoy at her festive backyard party. | **PG** +GIHO06-006+ |

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| 14:30 | **The Grill Dads: Frying Just Makes It Awesome (R)** The road trip continues as the Grill Dads search the country for classic comfort dishes fried up into surprising and incredible meals. | **PG** +GRIL01-002+ |

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| 15:00 | **TBA:** TBC | ++ |

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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 | **The Pioneer Woman: Fixin' Fence, Fixin' Lunch (R)** Ladd and Cowboy Tim are out fixin' fences, so Ree Drummond is fixin' them their favourite Tex-Mex lunch. | **PG** +PIWO13-010+ |

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| 17:00 | **Giada At Home: Casino Night (R)** Giada De Laurentiis and her husband Todd host a glamorous casino night party inspired by Giada's recent trip to Monte Carlo. | **PG** +GIHO06-007+ |

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| 17:30 | **Guy's Grocery Games: Spiciest! (R)** The heat is on in Flavortown with Guy Fieri's spiciest games yet. | **PG** +GUGG16-004+ |

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| 18:30 | **Chopped: Twins For The Win (R)** Teams of twins face off in this competition, bringing twice the excitement to the kitchen! | **PG** +CHPD29-012+ |

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| 19:30 | **Ramsay's Kitchen Nightmares USA: La Galleria 33 - Part 2 (R) ’CC’** Chef Ramsay found that the owners of La Galleria 33 drink and smoke on the job, and the food is no better. Can he save this downtrodden Italian restaurant? Starring:GORDON RAMSAY | **M (L)**+KNUS06-002+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: The Sandgate (R) ’CC’** Tonight, Gordon travels to The Sandgate Hotel, run by first-time restauranteurs. The head chef is on the brink of a nervous breakdown, cooking for four restaurants in different styles.  | **M (L)**+RAKN02-007+ |

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| 21:30 | **Ramsay's Kitchen Nightmares: La Gondola (R) ’CC’** Gordon visits La Gondola, an Italian restaurant bogged down by dated cuisine, bad net curtains and no customers. | **M (L)**+RAKN02-008+ |

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| 22:30 | **Ramsay's Kitchen Nightmares USA: Levanti's (R) ’CC’** Competition has driven the brother-and-sister team that run Levanti's insane. Can Chef Ramsay save the family establishment? Starring:GORDON RAMSAY | **M (L)**+KNUS06-008+ |

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| 23:30 | **Chopped: Twins For The Win (R)** Teams of twins face off in this competition, bringing twice the excitement to the kitchen! | **PG** +CHPD29-012+ |

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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** +SAWE18-027+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Chris is on a luxury coach tour like no other. From sandstone gorges to reef wonders, it is proof that good times never get old. | **G** +7QWE18-044+ |

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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 | **The Great Day Out (R) ’CC’** We've got your guide to the Gold Coast 2018 Commonwealth Games from the behind-the-scenes preparations to free events and much more. | **G** +GDOT18-005+ |

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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 heads to Maitland, checking out its rich history and The Regents Park Mansion Retreat. Jack relives his childhood at Cirque Electriq. Lizzy goes on an outback weekender in Broken Hill. Starring:JACK YABSLEY,ERICA DAVIS,LIZZY LOVETTE,MIKE WHITNEY,MATT BASELEY | **G** +7SWE25-027+ |

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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** +SAWE18-027+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Chris is on a luxury coach tour like no other. From sandstone gorges to reef wonders, it is proof that good times never get old. | **G** +7QWE18-044+ |

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| 04:30 | **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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| 05:00 | **The Great Day Out (R) ’CC’** We've got your guide to the Gold Coast 2018 Commonwealth Games from the behind-the-scenes preparations to free events and much more. | **G** +GDOT18-005+ |

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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+ |

 **Friday 26 July 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike heads to Maitland, checking out its rich history and The Regents Park Mansion Retreat. Jack relives his childhood at Cirque Electriq. Lizzy goes on an outback weekender in Broken Hill. Starring:JACK YABSLEY,ERICA DAVIS,LIZZY LOVETTE,MIKE WHITNEY,MATT BASELEY | **G** +7SWE25-027+ |

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| 06:30 | **Throwdown With Bobby Flay: Fried Chicken (R)** Will Chef Bobby Flay finally win a Fried Chicken Throwdown or is defeat in the air? | **PG** +TWBF09-003+ |

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| 07:00 | **The Pioneer Woman: Fixin' Fence, Fixin' Lunch (R)** Ladd and Cowboy Tim are out fixin' fences, so Ree Drummond is fixin' them their favourite Tex-Mex lunch. | **PG** +PIWO13-010+ |

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| 07:30 | **Guy's Grocery Games: Spiciest! (R)** The heat is on in Flavortown with Guy Fieri's spiciest games yet. | **PG** +GUGG16-004+ |

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| 08:30 | **Rachael Ray's Week In A Day: 4 Star Diner (R)** Your favourite greasy spoon classics become a week's worth of upscale dinners you can make in one day. | **PG** +WIAD03-001+ |

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| 09:30 | **Giada At Home: Casino Night (R)** Giada De Laurentiis and her husband Todd host a glamorous casino night party inspired by Giada's recent trip to Monte Carlo. | **PG** +GIHO06-007+ |

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| 10:00 | **The Pioneer Woman: Fixin' Fence, Fixin' Lunch (R)** Ladd and Cowboy Tim are out fixin' fences, so Ree Drummond is fixin' them their favourite Tex-Mex lunch. | **PG** +PIWO13-010+ |

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| 10:30 | **Throwdown With Bobby Flay: Fried Chicken (R)** Will Chef Bobby Flay finally win a Fried Chicken Throwdown or is defeat in the air? | **PG** +TWBF09-003+ |

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| 11:00 | **Rachael Ray's Week In A Day: 4 Star Diner (R)** Your favourite greasy spoon classics become a week's worth of upscale dinners you can make in one day. | **PG** +WIAD03-001+ |

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| 12:00 | **Guy's Grocery Games: Spiciest! (R)** The heat is on in Flavortown with Guy Fieri's spiciest games yet. | **PG** +GUGG16-004+ |

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| 13:00 | **Chopped: Twins For The Win (R)** Teams of twins face off in this competition, bringing twice the excitement to the kitchen! | **PG** +CHPD29-012+ |

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| 14:00 | **Giada At Home: Casino Night (R)** Giada De Laurentiis and her husband Todd host a glamorous casino night party inspired by Giada's recent trip to Monte Carlo. | **PG** +GIHO06-007+ |

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| 14:30 | **Rachael Ray's Week In A Day: 4 Star Diner (R)** Your favourite greasy spoon classics become a week's worth of upscale dinners you can make in one day. | **PG** +WIAD03-001+ |

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| 15:30 | **The Pioneer Woman: Well Done, Dad (R)** Ree Drummond's dad has retired after 45 years in medicine, so she's bringing him a celebration meal with all of his favourite foods. | **PG** +PIWO13-011+ |

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| 16:00 | **Throwdown With Bobby Flay: Fried Chicken (R)** Will Chef Bobby Flay finally win a Fried Chicken Throwdown or is defeat in the air? | **PG** +TWBF09-003+ |

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| 16:30 | **House Of Wellness (R) ’CC’** Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Rachael Finch, Jo Stanley and Luke Hines. | **PG** +HOWL03-022+ |

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| 17:30 | **Guy's Grocery Games: DDD Holiday Showdown (R)** Guy Fieri has invited four members of his Triple D family to Flavortown for a Holiday Throwdown. | **PG** +GUGG16-005+ |

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| 18:30 | **Chopped: Naan The Wiser (R)** A serious time management issue in the first-round featuring naan and blood sausages gets one of the competitors in trouble as the last seconds tick away. | **PG** +CHPD29-013+ |

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| 19:30 | **Bizarre Foods With Andrew Zimmern: Namibia (R)** Andrew travels to Namibia, a country of astonishing beauty, vanishing cultures, and truly bizarre foods.  | **PG (N,A)**+BIFO04-010+ |

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| 20:30 | **Mystery Diners: Skating On Thin Ice (R)** After noticing missing food and merchandise, the owners of "Epic Rollertainment" in Murrieta, California, contact Charles Stiles for help. | **PG (L,A)**+MYSD10-012+ |

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| 21:00 | **Mystery Diners: Drive-Thru Drama (R)** A drop-in customer seems suspicious to the owner of "B'Man Teriyaki and Burgers" in Pasadena, California, prompting him to call in Charles Stiles and his team. | **PG (L,A)**+MYSD10-013+ |

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| 21:30 | **Cutthroat Kitchen: SaBOOOtage (R)** Challenges and curve-balls with a Halloween theme. One chef pays a heavy price for a deal with the devil; a contestant must dig out of a grave; and someone is forced to cook over a hell flame. | **PG** +CUTK05-004+ |

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| 22:30 | **Carnival Cravings With Anthony Anderson: Ooey-Gooey Golden State (R)** Anthony Anderson is in Sacramento, for the county fair, where he finds cowboys aplenty and enough carnival treats to feed the whole Golden State. | **PG** +CRAV01-002+ |

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| 23:00 | **Carnival Kings: Duck, Duck...Sliders (R)** Michelin-starred Chef Richie Farina hits the road in search of innovative culinary competitions, and he's found one at the Pima County Fair outside Tucson, Arizona. | **PG** +CKIN01-002+ |

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| 23:30 | **Mystery Diners: Skating On Thin Ice (R)** After noticing missing food and merchandise, the owners of "Epic Rollertainment" in Murrieta, California, contact Charles Stiles for help. | **PG (L,A)**+MYSD10-012+ |

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| 00:00 | **Mystery Diners: Drive-Thru Drama (R)** A drop-in customer seems suspicious to the owner of "B'Man Teriyaki and Burgers" in Pasadena, California, prompting him to call in Charles Stiles and his team. | **PG (L,A)**+MYSD10-013+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-028+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Kay is on an epic journey across the Gulf Savannah. It's remote, remarkable and full of surprises. | **G** +7QWE18-045+ |

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| 01:30 | **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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| 02:00 | **The Great Day Out (R) ’CC’** The whole team is exploring the best of Brisbane and we get the details on what's planned for the future from the man in the know, Lord Mayor Graham Quirk. | **G** +GDOT18-006+ |

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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 NIDA Open school holiday workshop for kids. Cameron Daddo shows off his favourite places in the Northern Beaches. Sally takes to two wheels at Steps Mountain Bike Park. Starring:BECK STEVENS,CAMERON DADDO,JACK YABSLEY,ERICA DAVIS,SALLY STANTON,MIKE WHITNEY | **G** +7SWE25-028+ |

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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** +SAWE18-028+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Kay is on an epic journey across the Gulf Savannah. It's remote, remarkable and full of surprises. | **G** +7QWE18-045+ |

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| 04:30 | **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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| 05:00 | **The Great Day Out (R) ’CC’** The whole team is exploring the best of Brisbane and we get the details on what's planned for the future from the man in the know, Lord Mayor Graham Quirk. | **G** +GDOT18-006+ |

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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+ |

 **Saturday 27 July 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike checks out the NIDA Open school holiday workshop for kids. Cameron Daddo shows off his favourite places in the Northern Beaches. Sally takes to two wheels at Steps Mountain Bike Park. Starring:BECK STEVENS,CAMERON DADDO,JACK YABSLEY,ERICA DAVIS,SALLY STANTON,MIKE WHITNEY | **G** +7SWE25-028+ |

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| 06:30 | **Better Homes And Gardens (R) ’CC’** Johanna and Jamie travel to rural Victoria to visit the Lauriston House, a sustainability masterpiece. Adam makes a shelf set that looks like an elephant. Ed makes barbecue a pesto flatbread. | **G** +BHAG25-025+ |

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| 08:00 | **Giada At Home: Thanksgiving Leftovers (R)** What do you do with all the Thanksgiving leftovers? Giada De Laurentiis takes some of the traditional favorites and makes fun new twists to enjoy after the holiday. | **PG** +GIHO06-008+ |

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| 08:30 | **Guy's Grocery Games: DDD Holiday Showdown (R)** Guy Fieri has invited four members of his Triple D family to Flavortown for a Holiday Throwdown. | **PG** +GUGG16-005+ |

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| 09:30 | **The Pioneer Woman: Well Done, Dad (R)** Ree Drummond's dad has retired after 45 years in medicine, so she's bringing him a celebration meal with all of his favourite foods. | **PG** +PIWO13-011+ |

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| 10:00 | **Cutthroat Kitchen: SaBOOOtage (R)** Challenges and curve-balls with a Halloween theme. One chef pays a heavy price for a deal with the devil; a contestant must dig out of a grave; and someone is forced to cook over a hell flame. | **PG** +CUTK05-004+ |

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| 11:00 | **Bizarre Foods With Andrew Zimmern: Namibia (R)** Andrew travels to Namibia, a country of astonishing beauty, vanishing cultures, and truly bizarre foods.  | **PG (N,A)**+BIFO04-010+ |

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| 12:00 | **Chopped: Naan The Wiser (R)** A serious time management issue in the first-round featuring naan and blood sausages gets one of the competitors in trouble as the last seconds tick away. | **PG** +CHPD29-013+ |

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| 13:00 | **Giada At Home: Thanksgiving Leftovers (R)** What do you do with all the Thanksgiving leftovers? Giada De Laurentiis takes some of the traditional favorites and makes fun new twists to enjoy after the holiday. | **PG** +GIHO06-008+ |

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| 13:30 | **The Pioneer Woman: Well Done, Dad (R)** Ree Drummond's dad has retired after 45 years in medicine, so she's bringing him a celebration meal with all of his favourite foods. | **PG** +PIWO13-011+ |

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| 14:00 | **Carnival Cravings With Anthony Anderson: Ooey-Gooey Golden State (R)** Anthony Anderson is in Sacramento, for the county fair, where he finds cowboys aplenty and enough carnival treats to feed the whole Golden State. | **PG** +CRAV01-002+ |

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| 14:30 | **Carnival Kings: Duck, Duck...Sliders (R)** Michelin-starred Chef Richie Farina hits the road in search of innovative culinary competitions, and he's found one at the Pima County Fair outside Tucson, Arizona. | **PG** +CKIN01-002+ |

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| 15:00 | **Guy's Grocery Games: DDD Holiday Showdown (R)** Guy Fieri has invited four members of his Triple D family to Flavortown for a Holiday Throwdown. | **PG** +GUGG16-005+ |

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| 16:00 | **Cutthroat Kitchen: SaBOOOtage (R)** Challenges and curve-balls with a Halloween theme. One chef pays a heavy price for a deal with the devil; a contestant must dig out of a grave; and someone is forced to cook over a hell flame. | **PG** +CUTK05-004+ |

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| 17:00 | **Carnival Cravings With Anthony Anderson: Ooey-Gooey Golden State (R)** Anthony Anderson is in Sacramento, for the county fair, where he finds cowboys aplenty and enough carnival treats to feed the whole Golden State. | **PG** +CRAV01-002+ |

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| 17:30 | **Carnival Kings: Duck, Duck...Sliders (R)** Michelin-starred Chef Richie Farina hits the road in search of innovative culinary competitions, and he's found one at the Pima County Fair outside Tucson, Arizona. | **PG** +CKIN01-002+ |

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| 18:00 | **Mystery Diners: Skating On Thin Ice (R)** After noticing missing food and merchandise, the owners of "Epic Rollertainment" in Murrieta, California, contact Charles Stiles for help. | **PG (L,A)**+MYSD10-012+ |

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| 18:30 | **Mystery Diners: Drive-Thru Drama (R)** A drop-in customer seems suspicious to the owner of "B'Man Teriyaki and Burgers" in Pasadena, California, prompting him to call in Charles Stiles and his team. | **PG (L,A)**+MYSD10-013+ |

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| 19:00 | **Anh Does Vietnam (R) ’CC’** Anh Do returns to Vietnam to rediscover his birth land. He gives insight into modern day Vietnam, from local family life to incredible culinary delights and the best adventures Vietnam has to offer. | **PG** +ANDV-001+ |

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| 20:00 | **Beach Eats USA: Boardwalk Bites NEW EPISODE**America's boardwalks are calling out to Curtis Stone and he heads to Venice Beach. Virginia Beach, and Key West to find the most delicious boardwalk bites. | **PG** +BEEA01-002+ |

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| 20:30 | **Iron Chef America: Garces Vs. Fukushima And Garcia NEW EPISODE**Chef Katsuya Fukushima and Chef Ruben Garcia enter Kitchen Stadium to challenge Iron Chef Jose Garces. | **PG** +ICAM08-028+ |

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| 21:30 | **Ramsay's Kitchen Nightmares USA: Sam's Kabob (R) ’CC’** The staff at Sam's Mediterranean Grille are constantly fighting each other, even in front of customers. Gordon Ramsay helps the owner make peace. Starring:GORDON RAMSAY | **M (L)**+KNUS06-009+ |

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| 22:30 | **The Grill Dads: Frying Just Makes It Awesome (R)** The road trip continues as the Grill Dads search the country for classic comfort dishes fried up into surprising and incredible meals. | **PG** +GRIL01-002+ |

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| 23:00 | **TBA:** TBC | ++ |

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| 23:30 | **Diners, Drive-Ins And Dives: College-Town Champs (R)** Guy Fieri's rolling into college towns in search of A+ cuisine. In Columbus, Ohio, a pierogi paradise dishin' out their specialties where you'd least expect it. | **PG** +DDID27-009+ |

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| 00:00 | **Diners, Drive-Ins And Dives: Breakfast, Brisket And Belly (R)** Guy Fieri is traveling the country on this trip, diggin' into all kinds of dishes. In Los Angeles, a late-night spot all about breakfast with a twist, like drunken French toast. | **PG** +DDID27-010+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-029+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Luke and Cody tour Airlie in a red mustang. Lee has his young boys playing with real dump trucks and excavators. Plus we meet the man who built Queensland's first Batmobile. | **G** +7QWE18-001+ |

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| 01:30 | **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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| 02:00 | **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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| 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 flies high with iFly Down Under at Penrith Panthers. Teigan visits the Nepean River. Matt tries axe throwing in Penrith. Starring:ERICA DAVIS,FELICITY URQUHART,MIKE WHITNEY,TEIGAN NASH,MATT BASELEY | **G** +7SWE25-029+ |

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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** +SAWE18-029+ |

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| 05:00 | **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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| 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+ |