**Sunday 22 September 2019**

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| 06:00 | **Ten Dollar Dinners: Keep the Change Chile** Melissa makes Chiles Rellenos, with the side of Rice With Green Pepper and Jalapeno. Ontop of that, some Mashed Black Beans for that extra dose of protein. All that flavor, and still under budget.  | **G** +TEDD06-003+ |

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| 06:30 | **Diners, Drive-Ins and Dives: Family Time (R)** Guy Fieri's visiting some families keeping it real in the kitchen. | **PG** +DDID18-012+ |

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| 07:00 | **The Grill Dads: Over-The-Top Comfort (R)** The Grill Dads find out that outrageous food is more fun when it's a mash-up. | **PG** +GRIL01-010+ |

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| 07:30 | **Restaurant: Impossible: Ungratifying (R)** Chef Robert Irvine is in Houston, Texas, for his latest mission, to help turn around Kevin's restaurant, gratifying kitchen and bar. | **PG** +RIMP08-005+ |

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| 08:30 | **Restaurant: Impossible: Face The Music (R)** Chef Robert Irvine is in Oklahoma City to help Chaya and Michael, the owners of Urban Roots, a failing restaurant and entertainment venue. | **PG** +RIMP08-006+ |

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| 09:30 | **Around The World With Manu: UK (R)** With some rare spare time on his hands, Manu Feildel decides to follow his dream of circumnavigating the world, on AUS$20,000 in 30 days. Can he do it? | **PG** +AWWM01-001+ |

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| 10:30 | **Anh Does Vietnam (R) ’CC’** Anh rents a motorcycle to explore central Vietnam and the Vietnamese fascination with Luck. After cooking up snails and meeting the mausoleum of Ho Chi Minh, Anh ends his journey helping at a local school. | **PG** +ANDV-002+ |

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| 11:30 | **Diners, Drive-Ins and Dives: Family Time (R)** Guy Fieri's visiting some families keeping it real in the kitchen. | **PG** +DDID18-012+ |

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| 12:00 | **The Grill Dads: Over-The-Top Comfort (R)** The Grill Dads find out that outrageous food is more fun when it's a mash-up. | **PG** +GRIL01-010+ |

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| 12:30 | **Carnival Kings: Deep-Fried Burger Battle (R)** Richie Farina visits the State Fair of Texas to challenge brothers Brent and Juan Reaves; Richie has just 24 hours to create his own version of their Deep-Fried Bacon Burger Dog Slider on a Stick. | **PG** +CKIN01-001+ |

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| 13:00 | **My Greek Odyssey (R) ’CC’** A 13-part Television series that takes viewers to some of the most spectacular and unique islands in Greece. | **PG** +MYGO01-001+ |

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| 14:00 | **Restaurant: Impossible: Ungratifying (R)** Chef Robert Irvine is in Houston, Texas, for his latest mission, to help turn around Kevin's restaurant, gratifying kitchen and bar. | **PG** +RIMP08-005+ |

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| 15:00 | **Restaurant: Impossible: Face The Music (R)** Chef Robert Irvine is in Oklahoma City to help Chaya and Michael, the owners of Urban Roots, a failing restaurant and entertainment venue. | **PG** +RIMP08-006+ |

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| 16:00 | **Around The World With Manu: UK (R)** With some rare spare time on his hands, Manu Feildel decides to follow his dream of circumnavigating the world, on AUS$20,000 in 30 days. Can he do it? | **PG** +AWWM01-001+ |

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| 17:00 | **Anh Does Vietnam (R) ’CC’** Anh rents a motorcycle to explore central Vietnam and the Vietnamese fascination with Luck. After cooking up snails and meeting the mausoleum of Ho Chi Minh, Anh ends his journey helping at a local school. | **PG** +ANDV-002+ |

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| 18:00 | **Kid's Baking Championships NEW EPISODE**Eight bakers remain for the challenge of incorporating chilies, peppers and cayenne into their chocolate creations. | **G** +KBAC02-003+ |

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| 19:00 | **Ridiculous Cakes: Jurassic Cake (R)** Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG** +RICA01-005+ |

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| 19:30 | **Crazy Cakes: Out-Of-This-World, Upside-Down Cakes NEW EPISODE**An upside-down wedding cake hanging from a chandelier is covered in sparkly rhinestones for the big day, and the planet Earth is made of cake. | **PG** +CRAZ01-004+ |

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| 20:00 | **Reality Cupcakes: Killer Cupcakes NEW EPISODE**Ashley Foxen's cakes jump right off the plate at a rooftop Shark Week party. The Foxens then make spring roll cupcakes for an important fashion event hosted by fashion icon Nicole Miller. | **PG** +RCUP01-004+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: Morgans (R) ’CC’** Gordon grapples with girl power when he takes on an intimate family-run restaurant in the heart of WAG territory near Liverpool.  | **MA (L)**+RAKN03-004+ |

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| 21:30 | **Cupcake Wars: Year Of The Cupcake NEW EPISODE**The Year of the Dragon is about to begin, as four bakers battle to have their cupcakes at the Los Angeles celebration of the Chinese New Year. | **PG** +CUPW04-009+ |

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| 22:30 | **Cake Wars: Where's Waldo (R)** Grab your walking sticks and red-and-white striped shirts and get ready for a globe-trotting adventure as Cake Wars takes on Where's Waldo. | **PG** +CAKW03-013+ |

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| 23:30 | **Ridiculous Cakes: Jurassic Cake (R)** Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG** +RICA01-005+ |

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| 00:00 | **Crazy Cakes: Out-Of-This-World, Upside-Down Cakes (R)** An upside-down wedding cake hanging from a chandelier is covered in sparkly rhinestones for the big day, and the planet Earth is made of cake. | **PG** +CRAZ01-004+ |

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| 00:30 | **Reality Cupcakes: Killer Cupcakes (R)** Ashley Foxen's cakes jump right off the plate at a rooftop Shark Week party. The Foxens then make spring roll cupcakes for an important fashion event hosted by fashion icon Nicole Miller. | **PG** +RCUP01-004+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Sammie's on a spectacular journey through the state's south-west, from surfing dunes, to desert golf and Outback Olympics. | **G** +7QWE18-013+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2018 Ep: 1 (R) ’CC’** Scott visits the amazing Haggerstone Island and man does he catch fish. | **G** +7CTC18-001+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 17 (R) ’CC’** Jess uncovers the Tweed Valley's hidden gems. Karni has found a wheelchair accessible BBQ boat. Jillian gets the adrenaline rushing at Willowbank and Tamsyn discovers what is new at The Big Pineapple. | **G** +GDOT19-017+ |

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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 packs his car and hits the road headed for Gerringong. Fliss goes behind the scenes to check out the hit musical, Jersey Boys. Jason and Beck look at what's on offer at the Lakes Festival. Starring:BECK STEVENS,JASON STEVENS,ERICA DAVIS,FELICITY URQUHART,LEA WILSON,MIKE WHITNEY | **G** +7SWE25-038+ |

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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** +SAWE18-010+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Sammie's on a spectacular journey through the state's south-west, from surfing dunes, to desert golf and Outback Olympics. | **G** +7QWE18-013+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2018 Ep: 1 (R) ’CC’** Scott visits the amazing Haggerstone Island and man does he catch fish. | **G** +7CTC18-001+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 17 (R) ’CC’** Jess uncovers the Tweed Valley's hidden gems. Karni has found a wheelchair accessible BBQ boat. Jillian gets the adrenaline rushing at Willowbank and Tamsyn discovers what is new at The Big Pineapple. | **G** +GDOT19-017+ |

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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+ |

 **Monday 23 September 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike packs his car and hits the road headed for Gerringong. Fliss goes behind the scenes to check out the hit musical, Jersey Boys. Jason and Beck look at what's on offer at the Lakes Festival. Starring:BECK STEVENS,JASON STEVENS,ERICA DAVIS,FELICITY URQUHART,LEA WILSON,MIKE WHITNEY | **G** +7SWE25-038+ |

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| 06:30 | **Kid's Baking Championships (R)** Eight bakers remain for the challenge of incorporating chilies, peppers and cayenne into their chocolate creations. | **G** +KBAC02-003+ |

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| 07:30 | **Crazy Cakes: Out-Of-This-World, Upside-Down Cakes (R)** An upside-down wedding cake hanging from a chandelier is covered in sparkly rhinestones for the big day, and the planet Earth is made of cake. | **PG** +CRAZ01-004+ |

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| 08:00 | **Reality Cupcakes: Killer Cupcakes (R)** Ashley Foxen's cakes jump right off the plate at a rooftop Shark Week party. The Foxens then make spring roll cupcakes for an important fashion event hosted by fashion icon Nicole Miller. | **PG** +RCUP01-004+ |

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| 08:30 | **Cupcake Wars: Year Of The Cupcake (R)** The Year of the Dragon is about to begin, as four bakers battle to have their cupcakes at the Los Angeles celebration of the Chinese New Year. | **PG** +CUPW04-009+ |

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| 09:30 | **Cake Wars: Where's Waldo (R)** Grab your walking sticks and red-and-white striped shirts and get ready for a globe-trotting adventure as Cake Wars takes on Where's Waldo. | **PG** +CAKW03-013+ |

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| 10:30 | **Better Homes And Gardens (R) ’CC’** Homes and gardens come alive in this lifestyle show packed full of home decorating tips, recipes, craft ideas, DIY projects and how tos. | **G** +BHAG25-034+ |

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| 12:00 | **Cupcake Wars: Year Of The Cupcake (R)** The Year of the Dragon is about to begin, as four bakers battle to have their cupcakes at the Los Angeles celebration of the Chinese New Year. | **PG** +CUPW04-009+ |

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| 13:00 | **Cake Wars: Where's Waldo (R)** Grab your walking sticks and red-and-white striped shirts and get ready for a globe-trotting adventure as Cake Wars takes on Where's Waldo. | **PG** +CAKW03-013+ |

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| 14:00 | **Kid's Baking Championships (R)** Eight bakers remain for the challenge of incorporating chilies, peppers and cayenne into their chocolate creations. | **G** +KBAC02-003+ |

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| 15:00 | **Ridiculous Cakes: Jurassic Cake (R)** Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG** +RICA01-005+ |

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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 | **House Of Wellness (R) ’CC’** Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Rachael Finch, Jo Stanley and Luke Hines. | **PG** +HOWL03-031+ |

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| 17:00 | **Giada At Home: Coast to Coast Barbecue (R)** Giada De Laurentiis takes us on a coast-to-coast adventure introducing us to great barbecue recipes that reflect different parts of the country. | **PG** +GIHO05-018+ |

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| 17:30 | **The Kitchen: Poolside Party (R)** The Kitchen is throwing a pool party with everyone's summer favorites. Katie Lee and Marcela Valladolid share new ideas for hot dog toppings, while Jeff Mauro serves up a fresh BBQ Chicken Slaw. | **PG** +TKIT14-005+ |

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| 18:30 | **Chopped: Amped For Ramps (R)** The competitors find a prized member of the onion family in the first basket, ramps. But will the flavourful wild leeks play nicely with the other mandatory ingredients? | **PG** +CHPD35-015+ |

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| 19:30 | **Buddy vs. Duff: Wedding Wars NEW EPISODE**The competition grows even more intense as Duff Goldman brings Buddy Valastro into his world of fine dining with a challenge to create elegant plated desserts. | **PG** +BUDD01-004+ |

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| 20:30 | **Hell's Kitchen USA NEW EPISODE**World renowned chef Gordon Ramsay puts aspiring young chefs through rigorous cooking challenges and dinner services at his restaurant in Hollywood. | **MA (L)**+HEKI15-005+ |

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| 21:30 | **Hell's Kitchen USA NEW EPISODE**World renowned chef Gordon Ramsay puts aspiring young chefs through rigorous cooking challenges and dinner services at his restaurant in Hollywood. | **MA (L)**+HEKI15-006+ |

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| 22:30 | **Hell's Kitchen USA NEW EPISODE**World renowned chef Gordon Ramsay puts aspiring young chefs through rigorous cooking challenges and dinner services at his restaurant in Hollywood. | **MA (L)**+HEKI15-007+ |

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| 23:30 | **Buddy vs. Duff: Wedding Wars (R)** The competition grows even more intense as Duff Goldman brings Buddy Valastro into his world of fine dining with a challenge to create elegant plated desserts. | **PG** +BUDD01-004+ |

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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** +SAWE18-011+ |

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| 01:00 | **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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| 01:30 | **Creek To Coast: Creek To Coast 2018 Ep: 2 (R) ’CC’** Creek to Coast is all things boating, camping, 4WDing, outdoor adventuring and fishing. From bush-bashing to cooking to caravanning to watersports, Creek to Coast has it all. | **G** +7CTC18-002+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 18 (R) ’CC’** Winter time is Eat Local Week time in the Scenic Rim. So this week is all about food. Jess visits a sixth generation dairy farm, while Alastair gets a taste of a few of the Eat Local Week events. | **G** +GDOT19-018+ |

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

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike explores the wonderful Wollondilly Shire. Andrew Daddo travels the Southern Highlands on an electric bike tour with The Fixed Wheel. Karen dines at two of Bowral's best eateries. Starring:ANDREW DADDO,ERICA DAVIS,KAREN LEDBURY,MIKE WHITNEY,TEIGAN NASH | **G** +7SWE25-039+ |

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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** +SAWE18-011+ |

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| 04:00 | **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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| 04:30 | **Creek To Coast: Creek To Coast 2018 Ep: 2 (R) ’CC’** Creek to Coast is all things boating, camping, 4WDing, outdoor adventuring and fishing. From bush-bashing to cooking to caravanning to watersports, Creek to Coast has it all. | **G** +7CTC18-002+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 18 (R) ’CC’** Winter time is Eat Local Week time in the Scenic Rim. So this week is all about food. Jess visits a sixth generation dairy farm, while Alastair gets a taste of a few of the Eat Local Week events. | **G** +GDOT19-018+ |

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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+ |

 **Tuesday 24 September 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike explores the wonderful Wollondilly Shire. Andrew Daddo travels the Southern Highlands on an electric bike tour with The Fixed Wheel. Karen dines at two of Bowral's best eateries. Starring:ANDREW DADDO,ERICA DAVIS,KAREN LEDBURY,MIKE WHITNEY,TEIGAN NASH | **G** +7SWE25-039+ |

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| 06:30 | **Ten Dollar Dinners: Chicken Italiano (R)** Melissa d'Arabian cooks up restaurant-worthy Italian-American recipes with an eye toward her budget. | **PG** +TEDD07-011+ |

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| 07:00 | **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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| 07:30 | **The Kitchen: Poolside Party (R)** The Kitchen is throwing a pool party with everyone's summer favorites. Katie Lee and Marcela Valladolid share new ideas for hot dog toppings, while Jeff Mauro serves up a fresh BBQ Chicken Slaw. | **PG** +TKIT14-005+ |

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| 08:30 | **My Greek Odyssey (R) ’CC’** A 13-part Television series that takes viewers to some of the most spectacular and unique islands in Greece. | **PG** +MYGO01-001+ |

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| 09:30 | **Giada At Home: Coast to Coast Barbecue (R)** Giada De Laurentiis takes us on a coast-to-coast adventure introducing us to great barbecue recipes that reflect different parts of the country. | **PG** +GIHO05-018+ |

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| 10:00 | **Ten Dollar Dinners: Chicken Italiano (R)** Melissa d'Arabian cooks up restaurant-worthy Italian-American recipes with an eye toward her budget. | **PG** +TEDD07-011+ |

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| 10:30 | **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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| 11:00 | **My Greek Odyssey (R) ’CC’** A 13-part Television series that takes viewers to some of the most spectacular and unique islands in Greece. | **PG** +MYGO01-001+ |

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| 12:00 | **The Kitchen: Poolside Party (R)** The Kitchen is throwing a pool party with everyone's summer favorites. Katie Lee and Marcela Valladolid share new ideas for hot dog toppings, while Jeff Mauro serves up a fresh BBQ Chicken Slaw. | **PG** +TKIT14-005+ |

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| 13:00 | **Chopped: Amped For Ramps (R)** The competitors find a prized member of the onion family in the first basket, ramps. But will the flavourful wild leeks play nicely with the other mandatory ingredients? | **PG** +CHPD35-015+ |

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| 14:00 | **Giada At Home: Coast to Coast Barbecue (R)** Giada De Laurentiis takes us on a coast-to-coast adventure introducing us to great barbecue recipes that reflect different parts of the country. | **PG** +GIHO05-018+ |

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| 14:30 | **My Greek Odyssey (R) ’CC’** A 13-part Television series that takes viewers to some of the most spectacular and unique islands in Greece. | **PG** +MYGO01-001+ |

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| 15:30 | **Buddy vs. Duff: Wedding Wars (R)** The competition grows even more intense as Duff Goldman brings Buddy Valastro into his world of fine dining with a challenge to create elegant plated desserts. | **PG** +BUDD01-004+ |

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| 16:30 | **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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| 17:00 | **Giada At Home: Father's Day Pasta (R)** Giada De Laurentiis creates a make a special Father's Day dinner while Jade spends a fun day with dad. | **PG** +GIHO05-019+ |

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| 17:30 | **The Kitchen: Kids' Eats (R)** The Kitchen is celebrating kids, starting with Sunny Anderson's kid-friendly Easy Cheesy Bacon Salisbury Steak and a snack attack with special guest and Geoffrey Zakarian's wife, Margaret Zakarian. | **PG** +TKIT14-006+ |

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| 18:30 | **Chopped: True Grits (R)** The chefs get the Southern classic grits in the first basket and race to make appetizers that deliver on flavour, but one of the competitors has major difficulties in the final seconds of the round. | **PG** +CHPD35-016+ |

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| 19:30 | **Mystery Diners: Food Cart Catastrophe (R)** When Rod and Linda, owners of a la carts Food Pavilion in Portland, Ore., hear complaints from their tenants about the new onsite manager, they contact Charles Stiles to investigate. | **PG** +MYSD08-007+ |

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| 20:00 | **Mystery Diners: Local Celebrities (R)** Charles is asked to check up on the staff at Amalfi's in Portland, Oregon, because the owners are worried that they are getting too carried away with the digital shorts they produce.  | **PG** +MYSD08-008+ |

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| 20:30 | **Restaurant: Impossible: Lost In The Woods (R)** After losing his successful corporate job, an inexperienced restaurant owner purchased the Pinehurst Country Lodge in Greeley, Pennsylvania, and is now $350,000 in debt. | **PG** +RIMP06-007+ |

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| 21:30 | **Restaurant: Impossible: Sink Or Swim (R)** Chef Robert is off to Twin Lakes, Wis., to Pier West Restaurant, which has a scenic view and a boatload of problems.  | **PG** +RIMP06-008+ |

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| 22:30 | **Mystery Diners: Food Cart Catastrophe (R)** When Rod and Linda, owners of a la carts Food Pavilion in Portland, Ore., hear complaints from their tenants about the new onsite manager, they contact Charles Stiles to investigate. | **PG** +MYSD08-007+ |

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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** +SAWE18-012+ |

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| 01:00 | **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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| 01:30 | **Creek To Coast: Creek To Coast 2018 Ep: 3 (R) ’CC’** Andrew is on stunning Fraser Island and it's catch and cook-off time. Roger joins country Queenslanders for the Doin' it for Dolly Charity Rodeo. While, Scotty is on the hunt for one metre barra. | **G** +7CTC18-003+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 19 (R) ’CC’** Jillian is discovering hidden treasures just over the border. Jamie Durie shows his artistic side, while radio announcer Bianca Dye shares her Great Day Out. | **G** +GDOT19-019+ |

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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 visits Shoalhaven. Rose sets sail with Sydney Harbour Tall Ships. Lukes canoes in Albury. Lizzy eats out at the Junee Licorice & Chocolate Factory. Starring:ERICA DAVIS,LUKE CARROLL,LIZZY LOVETTE,ROSE KELLY,MIKE WHITNEY | **G** +7SWE25-040+ |

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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** +SAWE18-012+ |

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| 04:00 | **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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| 04:30 | **Creek To Coast: Creek To Coast 2018 Ep: 3 (R) ’CC’** Andrew is on stunning Fraser Island and it's catch and cook-off time. Roger joins country Queenslanders for the Doin' it for Dolly Charity Rodeo. While, Scotty is on the hunt for one metre barra. | **G** +7CTC18-003+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 19 (R) ’CC’** Jillian is discovering hidden treasures just over the border. Jamie Durie shows his artistic side, while radio announcer Bianca Dye shares her Great Day Out. | **G** +GDOT19-019+ |

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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+ |

 **Wednesday 25 September 2019**

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| 06:00 | **Restaurant: Impossible: Lost In The Woods (R)** After losing his successful corporate job, an inexperienced restaurant owner purchased the Pinehurst Country Lodge in Greeley, Pennsylvania, and is now $350,000 in debt. | **PG** +RIMP06-007+ |

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| 07:00 | **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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| 07:30 | **The Kitchen: Kids' Eats (R)** The Kitchen is celebrating kids, starting with Sunny Anderson's kid-friendly Easy Cheesy Bacon Salisbury Steak and a snack attack with special guest and Geoffrey Zakarian's wife, Margaret Zakarian. | **PG** +TKIT14-006+ |

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| 08:30 | **Restaurant: Impossible: Sink Or Swim (R)** Chef Robert is off to Twin Lakes, Wis., to Pier West Restaurant, which has a scenic view and a boatload of problems.  | **PG** +RIMP06-008+ |

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| 09:30 | **Giada At Home: Father's Day Pasta (R)** Giada De Laurentiis creates a make a special Father's Day dinner while Jade spends a fun day with dad. | **PG** +GIHO05-019+ |

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| 10:00 | **Ten Dollar Dinners: Ten Dollar Game Day (R)** Melissa has a tailgate menu to satisfy the hungry masses without breaking a sweat or breaking the budget. | **PG** +TEDD07-012+ |

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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 | **Restaurant: Impossible: Lost In The Woods (R)** After losing his successful corporate job, an inexperienced restaurant owner purchased the Pinehurst Country Lodge in Greeley, Pennsylvania, and is now $350,000 in debt. | **PG** +RIMP06-007+ |

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| 12:00 | **The Kitchen: Kids' Eats (R)** The Kitchen is celebrating kids, starting with Sunny Anderson's kid-friendly Easy Cheesy Bacon Salisbury Steak and a snack attack with special guest and Geoffrey Zakarian's wife, Margaret Zakarian. | **PG** +TKIT14-006+ |

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| 13:00 | **Chopped: True Grits (R)** The chefs get the Southern classic grits in the first basket and race to make appetizers that deliver on flavour, but one of the competitors has major difficulties in the final seconds of the round. | **PG** +CHPD35-016+ |

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| 14:00 | **Giada At Home: Father's Day Pasta (R)** Giada De Laurentiis creates a make a special Father's Day dinner while Jade spends a fun day with dad. | **PG** +GIHO05-019+ |

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| 14:30 | **Restaurant: Impossible: Sink Or Swim (R)** Chef Robert is off to Twin Lakes, Wis., to Pier West Restaurant, which has a scenic view and a boatload of problems.  | **PG** +RIMP06-008+ |

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| 15:30 | **Mystery Diners: Food Cart Catastrophe (R)** When Rod and Linda, owners of a la carts Food Pavilion in Portland, Ore., hear complaints from their tenants about the new onsite manager, they contact Charles Stiles to investigate. | **PG** +MYSD08-007+ |

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| 16:00 | **Mystery Diners: Local Celebrities (R)** Charles is asked to check up on the staff at Amalfi's in Portland, Oregon, because the owners are worried that they are getting too carried away with the digital shorts they produce.  | **PG** +MYSD08-008+ |

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| 16:30 | **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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| 17:00 | **Giada At Home: Spa Day at Home** Giada De Laurentiis creates a light and delicious menu for a spa day at home with Jade and their girlfriends. | **PG** +GIHO05-020+ |

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| 17:30 | **The Kitchen: Summer Sendoff (R)** Geoffrey Zakarian starts off with his Grilled Lobster and Shrimp Tacos, then Marcela Valladolid and Jeff Mauro show different ways to make summer favorites last all year round.  | **PG** +TKIT14-007+ |

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| 18:30 | **Chopped: Weird Twist (R)** The chefs learn they'll be cooking with ingredients that are bizarre, even by Chopped standards. Something slimy and something strangely shaped are found in the first wonderfully weird basket.  | **PG** +CHPD35-017+ |

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| 19:30 | **Restaurant: Impossible: Unlucky Number Seven (R)** Chef Robert visits a restaurant named Seven. He soon discovers that the food is bad, the management is worse, and the stained-glass decor would better fit a church than a restaurant. | **PG** +RIMP07-007+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: La Parra - Revisted (R) ’CC’** Tonight, Gordon revisits La Parra Restaurant, and finds that while the owner has a core of expats he struggles to get native Spaniards through the door.  | **MA (L)**+RAKN03-005+ |

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| 21:30 | **Mystery Diners: Daddy's Girl (R)** The owners of "Geppino's Sicilian Kitchen" in Moorpark, suspect that their daughter is dating a thief, after their customers start complaining about stolen items. | **PG** +MYSD07-013+ |

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| 22:00 | **Mystery Diners: Partner Problems (R)** A former client contacting Charles, for help, determining if he should invest in a failing California restaurant.  | **PG (L,A)**+MYSD10-001+ |

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| 22:30 | **Restaurant: Impossible: Unlucky Number Seven (R)** Chef Robert visits a restaurant named Seven. He soon discovers that the food is bad, the management is worse, and the stained-glass decor would better fit a church than a restaurant. | **PG** +RIMP07-007+ |

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| 23:30 | **Chopped: Weird Twist (R)** The chefs learn they'll be cooking with ingredients that are bizarre, even by Chopped standards. Something slimy and something strangely shaped are found in the first wonderfully weird basket.  | **PG** +CHPD35-017+ |

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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** +SAWE18-013+ |

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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: Creek To Coast 2018 Ep: 4 (R) ’CC’** Liz is on guard with the Coast Guard. Roger is gearing up for Easter and Scotty is in the Gladstone Region looking for the ABC of fish, Bream, Cod and A big one. | **G** +7CTC18-004+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 20 (R) ’CC’** School holidays are just around the corner and the team have ideas to keep the kids active, healthy and entertained. | **G** +GDOT19-020+ |

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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 shows how you can conserve water at home. Matt goes on a road trip to the central coast. Lizzy checks out Parramatta Leagues Club. Fliss checks out fabulous food in Newcastle. Starring:ERICA DAVIS,FELICITY URQUHART,LIZZY LOVETTE,MIKE WHITNEY,MATT BASELEY | **G** +7SWE25-041+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-013+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** 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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| 04:30 | **Creek To Coast: Creek To Coast 2018 Ep: 4 (R) ’CC’** Liz is on guard with the Coast Guard. Roger is gearing up for Easter and Scotty is in the Gladstone Region looking for the ABC of fish, Bream, Cod and A big one. | **G** +7CTC18-004+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 20 (R) ’CC’** School holidays are just around the corner and the team have ideas to keep the kids active, healthy and entertained. | **G** +GDOT19-020+ |

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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+ |

 **Thursday 26 September 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike shows how you can conserve water at home. Matt goes on a road trip to the central coast. Lizzy checks out Parramatta Leagues Club. Fliss checks out fabulous food in Newcastle. Starring:ERICA DAVIS,FELICITY URQUHART,LIZZY LOVETTE,MIKE WHITNEY,MATT BASELEY | **G** +7SWE25-041+ |

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| 06:30 | **Ten Dollar Dinners: Ten Dollar Game Day (R)** Melissa has a tailgate menu to satisfy the hungry masses without breaking a sweat or breaking the budget. | **PG** +TEDD07-012+ |

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| 07:00 | **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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| 07:30 | **The Kitchen: Summer Sendoff (R)** Geoffrey Zakarian starts off with his Grilled Lobster and Shrimp Tacos, then Marcela Valladolid and Jeff Mauro show different ways to make summer favorites last all year round.  | **PG** +TKIT14-007+ |

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| 08:30 | **Mystery Diners: Daddy's Girl (R)** The owners of "Geppino's Sicilian Kitchen" in Moorpark, suspect that their daughter is dating a thief, after their customers start complaining about stolen items. | **PG** +MYSD07-013+ |

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| 09:00 | **Mystery Diners: Partner Problems (R)** A former client contacting Charles, for help, determining if he should invest in a failing California restaurant.  | **PG (L,A)**+MYSD10-001+ |

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| 09:30 | **Giada At Home: Spa Day at Home (R)** Giada De Laurentiis creates a light and delicious menu for a spa day at home with Jade and their girlfriends. | **PG** +GIHO05-020+ |

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| 10:00 | **Ten Dollar Dinners: Seafood And Sweets (R)** Melissa d'Arabian proves you can serve an elegant seafood meal without splurging on cost. | **PG** +TEDD07-013+ |

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| 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 | **My Greek Odyssey (R) ’CC’** Peter continues his journey through Greece, visiting Epidaurus, Moni and the island of Spetses. | **PG (N)**+MYGO01-002+ |

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| 12:00 | **The Kitchen: Summer Sendoff (R)** Geoffrey Zakarian starts off with his Grilled Lobster and Shrimp Tacos, then Marcela Valladolid and Jeff Mauro show different ways to make summer favorites last all year round.  | **PG** +TKIT14-007+ |

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| 13:00 | **Chopped: Weird Twist (R)** The chefs learn they'll be cooking with ingredients that are bizarre, even by Chopped standards. Something slimy and something strangely shaped are found in the first wonderfully weird basket.  | **PG** +CHPD35-017+ |

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| 14:00 | **Giada At Home: Spa Day at Home (R)** Giada De Laurentiis creates a light and delicious menu for a spa day at home with Jade and their girlfriends. | **PG** +GIHO05-020+ |

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| 14:30 | **Restaurant: Impossible: Unlucky Number Seven (R)** Chef Robert visits a restaurant named Seven. He soon discovers that the food is bad, the management is worse, and the stained-glass decor would better fit a church than a restaurant. | **PG** +RIMP07-007+ |

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| 15:30 | **Mystery Diners: Daddy's Girl (R)** The owners of "Geppino's Sicilian Kitchen" in Moorpark, suspect that their daughter is dating a thief, after their customers start complaining about stolen items. | **PG** +MYSD07-013+ |

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| 16:00 | **Mystery Diners: Partner Problems (R)** A former client contacting Charles, for help, determining if he should invest in a failing California restaurant.  | **PG (L,A)**+MYSD10-001+ |

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| 16:30 | **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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| 17:00 | **Giada At Home: Happy Birthday, Raffy** Giada De Laurentiis' Aunt Raffy turns 60 and the family celebrates with a big birthday bash, spearheaded by Giada. | **PG** +GIHO05-021+ |

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| 17:30 | **The Kitchen: Hot New Tricks (R)** The Kitchen shares the hottest new tips and tricks for summer cooking with Jeff Mauro's BBQ Beer Can Burger and Katie Lee's Gnocchi Pesto Pasta Salad. | **PG** +TKIT14-008+ |

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| 18:30 | **Chopped: Gimme Gator (R)** Strange incarnations of everyday ingredients, black garlic and coconut vinegar, challenge the chefs in the appetizer round. | **PG** +CHPD35-018+ |

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| 19:30 | **Ramsay's Kitchen Nightmares USA: Zayna Flaming Grill - Part 2 (R) ’CC’** With tensions rising, the food not up to standards and everyone playing the blame game, Chef Ramsay is faced with one of the stickiest situations he's ever encountered. | **M (L)**+KNUS07-008+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: La Riviera (R) ’CC’** Gordon visits La Riveria, a French restaurant staffed by Michelin star chefs. While head chef Loic is hungry for success, he's arrogant, the food's pretentious and the locals aren't biting.  | **MA (L)**+RAKN02-004+ |

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| 21:30 | **Ramsay's Kitchen Nightmares: Momma Cherri's (R) ’CC’** Gordon visits an intimate forty-seater restaurant, a stone's throw from Brighton's sea front. Owner Charita, produces a menu of irresistibly unique classics from the Deep South, but with no customers. | **M (L)**+RAKN02-003+ |

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| 22:30 | **Ramsay's Hotel Hell: The Keating (R) ’CC’** Gordon Ramsay tries to save a landmark San Diego hotel. Starring:GORDON RAMSAY | **M (L)**+HELL01-002+ |

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| 23:30 | **Chopped: Gimme Gator (R)** Strange incarnations of everyday ingredients, black garlic and coconut vinegar, challenge the chefs in the appetizer round. | **PG** +CHPD35-018+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-014+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Luke and Cody's adventure continues on Fraser Island. Victoria experiences island life through the eyes of a traditional owner and Liz is at a farm stay the kids will love. | **G** +7QWE18-017+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2018 Ep: 5 (R) ’CC’** The competition is on between Luke and Cody as they fight for the best catch of the day. Roger shares his passion for Landcruisers. Sally has all the tricks for cooking a whole fish. | **G** +7CTC18-005+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 21 (R) ’CC’** Courtney has outdoor holiday ideas for young nature lovers. Billy is learning science in a surprising spot, while Tamsyn has school holiday activities that will keep the kids entertained for hours. | **G** +GDOT19-021+ |

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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 checks out the best of the Tweed. Rose visits Dubbo, taking in Old Dubbo Gaol and Wellington Caves. Jack finds some great foodie spots on the Central Coast. Starring:JACK YABSLEY,ERICA DAVIS,LIZZY LOVETTE,ROSE KELLY,MIKE WHITNEY | **G** +7SWE25-042+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-014+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Luke and Cody's adventure continues on Fraser Island. Victoria experiences island life through the eyes of a traditional owner and Liz is at a farm stay the kids will love. | **G** +7QWE18-017+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2018 Ep: 5 (R) ’CC’** The competition is on between Luke and Cody as they fight for the best catch of the day. Roger shares his passion for Landcruisers. Sally has all the tricks for cooking a whole fish. | **G** +7CTC18-005+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 21 (R) ’CC’** Courtney has outdoor holiday ideas for young nature lovers. Billy is learning science in a surprising spot, while Tamsyn has school holiday activities that will keep the kids entertained for hours. | **G** +GDOT19-021+ |

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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+ |

 **Friday 27 September 2019**

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| 06:00 | **Ten Dollar Dinners: Open-Air Fare (R)** Melissa d'Arabian makes ooey, gooey Three Cheese Steak Sandwiches with a side of Crispy Oven Fries. For something a little sweet, Caramel Apples rolled in your favorite candies. | **G** +TEDD06-001+ |

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| 06:30 | **Ten Dollar Dinners: Seafood And Sweets (R)** Melissa d'Arabian proves you can serve an elegant seafood meal without splurging on cost. | **PG** +TEDD07-013+ |

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| 07:00 | **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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| 07:30 | **The Kitchen: Hot New Tricks (R)** The Kitchen shares the hottest new tips and tricks for summer cooking with Jeff Mauro's BBQ Beer Can Burger and Katie Lee's Gnocchi Pesto Pasta Salad. | **PG** +TKIT14-008+ |

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| 08:30 | **Rachael Ray's Week In A Day: Double Take (R)** New twists on some of your favourite meals will have you doing double takes at the dinner table all week long. | **PG** +WIAD03-010+ |

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| 09:30 | **Giada At Home: Happy Birthday, Raffy (R)** Giada De Laurentiis' Aunt Raffy turns 60 and the family celebrates with a big birthday bash, spearheaded by Giada. | **PG** +GIHO05-021+ |

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| 10:00 | **Ten Dollar Dinners: Open-Air Fare (R)** Melissa d'Arabian makes ooey, gooey Three Cheese Steak Sandwiches with a side of Crispy Oven Fries. For something a little sweet, Caramel Apples rolled in your favorite candies. | **G** +TEDD06-001+ |

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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 | **Rachael Ray's Week In A Day: Double Take (R)** New twists on some of your favourite meals will have you doing double takes at the dinner table all week long. | **PG** +WIAD03-010+ |

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| 12:00 | **The Kitchen: Hot New Tricks (R)** The Kitchen shares the hottest new tips and tricks for summer cooking with Jeff Mauro's BBQ Beer Can Burger and Katie Lee's Gnocchi Pesto Pasta Salad. | **PG** +TKIT14-008+ |

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| 13:00 | **Chopped: Gimme Gator (R)** Strange incarnations of everyday ingredients, black garlic and coconut vinegar, challenge the chefs in the appetizer round. | **PG** +CHPD35-018+ |

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| 14:00 | **Giada At Home: Happy Birthday, Raffy (R)** Giada De Laurentiis' Aunt Raffy turns 60 and the family celebrates with a big birthday bash, spearheaded by Giada. | **PG** +GIHO05-021+ |

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| 14:30 | **Rachael Ray's Week In A Day: Double Take (R)** New twists on some of your favourite meals will have you doing double takes at the dinner table all week long. | **PG** +WIAD03-010+ |

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| 15:30 | **Giada At Home: Planting the Seed** Giada De Laurentiis donates a garden to an elementary school in Compton that will be incorporated into the school's curriculum. | **PG** +GIHO05-022+ |

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| 16:00 | **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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| 16:30 | **House Of Wellness (R) ’CC’** Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Rachael Finch, Jo Stanley and Luke Hines. | **PG** +HOWL03-031+ |

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| 17:30 | **The Kitchen: Fast And Flavorful (R)** Fall into autumn with The Kitchen's fast and flavorful recipes. Marcela Valladolid's Mexican Chorizo Meatloaf is her twist on one of Food Network's most searched-for dishes. | **PG** +TKIT14-009+ |

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| 18:30 | **Chopped: An Iron Chef Thanksgiving (R)** Three brilliant Iron Chefs - Marc Forgione, Jose Garces and Alex Guarnaschelli - are set to judge four exceptional Chopped Champions on a mission to create an incredible Thanksgiving feast. | **PG** +CHPD35-019+ |

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| 19:30 | **Bizarre Foods With Andrew Zimmern: Fez, Morocco (R)** It's a menu from the Middle Ages as Andrew heads to Fez, Morocco. He tastes traditional Moroccan foods, including a dish made with camel ribs, meat pies made with pigeons and preserved meat. | **PG (A)**+BIFO04-019+ |

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| 20:30 | **Mystery Diners: Art Show Sting (R)** After noticing numerous discrepancies with the catering company she uses to cater her art shows, Patricia contacts Mystery Diners for help. | **PG (L,A)**+MYSD10-002+ |

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| 21:00 | **Mystery Diners: Young Blood (R)** Charles and his team investigate when the owner of "Harvey's Steakhouse" in Huntington Beach, California, notices a dip in older customers, leading to a discovery of unauthorized events. | **PG (L,A)**+MYSD10-003+ |

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| 21:30 | **Mystery Diners: Backdoor Bootlegging (R)** Charles and his team uncover a large-scale bootlegging operation at "Weiland Brewery" in Los Angeles. | **PG (L,A)**+MYSD10-004+ |

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| 22:00 | **Mystery Diners: Extracurricular Activities (R)** A Florida cooking academy is investigated, because the owners are worried that their instructors are going off curriculum. | **PG (L,A)**+MYSD10-005+ |

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| 22:30 | **Mystery Diners: Art Show Sting (R)** After noticing numerous discrepancies with the catering company she uses to cater her art shows, Patricia contacts Mystery Diners for help. | **PG (L,A)**+MYSD10-002+ |

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| 23:00 | **Mystery Diners: Young Blood (R)** Charles and his team investigate when the owner of "Harvey's Steakhouse" in Huntington Beach, California, notices a dip in older customers, leading to a discovery of unauthorized events. | **PG (L,A)**+MYSD10-003+ |

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| 23:30 | **Mystery Diners: Backdoor Bootlegging (R)** Charles and his team uncover a large-scale bootlegging operation at "Weiland Brewery" in Los Angeles. | **PG (L,A)**+MYSD10-004+ |

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| 00:00 | **Mystery Diners: Extracurricular Activities (R)** A Florida cooking academy is investigated, because the owners are worried that their instructors are going off curriculum. | **PG (L,A)**+MYSD10-005+ |

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| 00:30 | **The Great Food Truck Race: Family Face-Off: A Family Affair (R)** Six family teams kick off the Great Food Truck Race with a funnel cake eating contest at a theme park in Los Angeles. | **PG** +GFTR07-001+ |

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| 01:30 | **Ten Dollar Dinners: Open-Air Fare (R)** Melissa d'Arabian makes ooey, gooey Three Cheese Steak Sandwiches with a side of Crispy Oven Fries. For something a little sweet, Caramel Apples rolled in your favorite candies. | **G** +TEDD06-001+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 22 (R) ’CC’** Alastair shares an inner city secret. Jillian embarks on an unforgettable steam train journey, while Luke has a petite taste of Brisbane's French Festival. | **G** +GDOT19-022+ |

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

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike makes a splash in Coffs Harbour with Dolphin Marine Magic. Karen gets some off-roading tips from David Wilson at I-Venture Club. Rose checks out some of Sydney's best rooftop bars. Starring:ERICA DAVIS,KAREN LEDBURY,ROSE KELLY,MIKE WHITNEY,MATT BASELEY | **G** +7SWE25-043+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-015+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Great Day Out host, Sofie Formica makes a special appearance on Queensland Weekender for an island adventure with unforgettable wildlife encounters. | **G** +7QWE18-018+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2018 Ep: 6 (R) ’CC’** Roger, Chris and hundreds of caravans, what could go wrong? Liz has all the action from the Quiksilver and Roxy Pro. Meanwhile the boys have their toys and it's mackerel mayhem. | **G** +7CTC18-006+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 22 (R) ’CC’** Alastair shares an inner city secret. Jillian embarks on an unforgettable steam train journey, while Luke has a petite taste of Brisbane's French Festival. | **G** +GDOT19-022+ |

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

 **Saturday 28 September 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike makes a splash in Coffs Harbour with Dolphin Marine Magic. Karen gets some off-roading tips from David Wilson at I-Venture Club. Rose checks out some of Sydney's best rooftop bars. Starring:ERICA DAVIS,KAREN LEDBURY,ROSE KELLY,MIKE WHITNEY,MATT BASELEY | **G** +7SWE25-043+ |

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| 06:30 | **Better Homes And Gardens (R) ’CC’** Homes and gardens come alive in this lifestyle show packed full of home decorating tips, recipes, craft ideas, DIY projects and how tos. | **G** +BHAG25-034+ |

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| 08:00 | **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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| 08:30 | **The Kitchen: Fast And Flavorful (R)** Fall into autumn with The Kitchen's fast and flavorful recipes. Marcela Valladolid's Mexican Chorizo Meatloaf is her twist on one of Food Network's most searched-for dishes. | **PG** +TKIT14-009+ |

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| 09:30 | **Bizarre Foods With Andrew Zimmern: Fez, Morocco (R)** It's a menu from the Middle Ages as Andrew heads to Fez, Morocco. He tastes traditional Moroccan foods, including a dish made with camel ribs, meat pies made with pigeons and preserved meat. | **PG (A)**+BIFO04-019+ |

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| 10:30 | **The Great Food Truck Race: Family Face-Off: A Family Affair (R)** Six family teams kick off the Great Food Truck Race with a funnel cake eating contest at a theme park in Los Angeles. | **PG** +GFTR07-001+ |

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| 11:30 | **Chopped: An Iron Chef Thanksgiving (R)** Three brilliant Iron Chefs - Marc Forgione, Jose Garces and Alex Guarnaschelli - are set to judge four exceptional Chopped Champions on a mission to create an incredible Thanksgiving feast. | **PG** +CHPD35-019+ |

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| 12:30 | **Bizarre Foods With Andrew Zimmern: Fez, Morocco (R)** It's a menu from the Middle Ages as Andrew heads to Fez, Morocco. He tastes traditional Moroccan foods, including a dish made with camel ribs, meat pies made with pigeons and preserved meat. | **PG (A)**+BIFO04-019+ |

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| 13:30 | **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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| 14:00 | **The Kitchen: Fast And Flavorful (R)** Fall into autumn with The Kitchen's fast and flavorful recipes. Marcela Valladolid's Mexican Chorizo Meatloaf is her twist on one of Food Network's most searched-for dishes. | **PG** +TKIT14-009+ |

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| 15:00 | **Chopped: An Iron Chef Thanksgiving (R)** Three brilliant Iron Chefs - Marc Forgione, Jose Garces and Alex Guarnaschelli - are set to judge four exceptional Chopped Champions on a mission to create an incredible Thanksgiving feast. | **PG** +CHPD35-019+ |

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| 16:00 | **The Great Food Truck Race: Family Face-Off: A Family Affair (R)** Six family teams kick off the Great Food Truck Race with a funnel cake eating contest at a theme park in Los Angeles. | **PG** +GFTR07-001+ |

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| 17:00 | **Mystery Diners: Art Show Sting (R)** After noticing numerous discrepancies with the catering company she uses to cater her art shows, Patricia contacts Mystery Diners for help. | **PG (L,A)**+MYSD10-002+ |

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| 17:30 | **Mystery Diners: Young Blood (R)** Charles and his team investigate when the owner of "Harvey's Steakhouse" in Huntington Beach, California, notices a dip in older customers, leading to a discovery of unauthorized events. | **PG (L,A)**+MYSD10-003+ |

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| 18:00 | **Mystery Diners: Backdoor Bootlegging (R)** Charles and his team uncover a large-scale bootlegging operation at "Weiland Brewery" in Los Angeles. | **PG (L,A)**+MYSD10-004+ |

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| 18:30 | **Mystery Diners: Extracurricular Activities (R)** A Florida cooking academy is investigated, because the owners are worried that their instructors are going off curriculum. | **PG (L,A)**+MYSD10-005+ |

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| 19:00 | **Around The World With Manu: Dubai (R)** Manu makes his way to Dubai, as his first stopover, on his around the world journey. He has organized to cook a VIP lunch at the highest restaurant in the world. | **PG** +AWWM01-002+ |

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| 20:00 | **Around The World With Manu: India (R)** Manu's travels in Dubai were incredible, but it's time to get serious with his journey and make tracks. A short flight to Mumbai, and he is in India for the first time in his life. | **PG** +AWWM01-003+ |

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| 21:00 | **Restaurant: Impossible: Treading Water (R)** Gail, a successful businesswoman, purchased Bryant's Seafood World in Hueytown, expecting to seamlessly continue its 30-year tradition: But now, four years later, she desperately needs Chef Robert. | **PG** +RIMP08-007+ |

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| 22:00 | **Restaurant: Impossible: Bummed Out (R)** Emotions explode when Chef Robert Irvine steps in to save Bambino's Italian Ristorante in Orange City. Robert must get above the noise to rebuild the relationships and sort out the restaurant. | **PG** +RIMP08-008+ |

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| 23:00 | **Around The World With Manu: Dubai (R)** Manu makes his way to Dubai, as his first stopover, on his around the world journey. He has organized to cook a VIP lunch at the highest restaurant in the world. | **PG** +AWWM01-002+ |

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

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| 01:00 | **Queensland Weekender (R) ’CC’** Sammie rolls up her sleeves at a luxury retreat for foodies, Luke and Cody are on board a train through the rainforest and Curtis experiences what it's like to run away to a tropical island. | **G** +7QWE18-019+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2018 Ep: 7 (R) ’CC’** Meet our new presenter Olivia, Andrew is on the hunt for mackerel, Roger gets out of a sticky situation and Scotty is on the Boyne River. | **G** +7CTC18-007+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 23 (R) ’CC’** Karni takes to the skies above the Gold Coast. Jess discovers what is now inside the Old Redcliffe Fire Station, while Katrina Blowers from 7NEWS shares what she does in her downtime. | **G** +GDOT19-023+ |

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

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike goes to Montague Island. Mel take in The Star Gold Coast Magic Millions races. Sally goes on a burger-eating bonanza at Barre Grill on Bourke Street, Surry Hills. Starring:SALLY STANTON,ROSE KELLY,MEL SYMONS,MIKE WHITNEY | **G** +7SWE25-044+ |

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

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| 04:00 | **Queensland Weekender (R) ’CC’** Sammie rolls up her sleeves at a luxury retreat for foodies, Luke and Cody are on board a train through the rainforest and Curtis experiences what it's like to run away to a tropical island. | **G** +7QWE18-019+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2018 Ep: 7 (R) ’CC’** Meet our new presenter Olivia, Andrew is on the hunt for mackerel, Roger gets out of a sticky situation and Scotty is on the Boyne River. | **G** +7CTC18-007+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 23 (R) ’CC’** Karni takes to the skies above the Gold Coast. Jess discovers what is now inside the Old Redcliffe Fire Station, while Katrina Blowers from 7NEWS shares what she does in her downtime. | **G** +GDOT19-023+ |

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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** +HIWA21-020+ |