**Sunday 23 June 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike heads to Hunter Valley Zoo, and checks out its baby alligators, primates and koalas. Fliss joins up with a Clean Up Kayak tour, scooping up litter in Lavender Bay. Mel checks out Vivid. | **G** +7SWE26-013+ |

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| 06:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-007+ |

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| 07:00 | **Guy's Grocery Games: Full Meal Madness (R)** It's a full-on, full meal face-off when Guy Fieri gives the chefs 45 minutes to make three courses in each round. | **PG** +GUGG16-006+ |

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| 08:00 | **Around The World With Manu: Hong Kong (R)** After a short flight from Kolkata, Manu arrives in Hong Kong, and is keen to get started with his first cooking experience in this fast-paced city. | **PG** +AWWM01-004+ |

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| 09:00 | **Iron Chef America: Symon Vs. Brown (R)** New York Chef Ed Brown enters Kitchen Stadium to take on Iron Chef Michael Symon. | **PG** +ICAM08-018+ |

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| 10:00 | **Iron Chef America: Cora Vs. Smith (R)** Chef Holly Smith enters kitchen stadium to take on Iron Chef Cat Cora. | **PG** +ICAM08-019+ |

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| 11:00 | **Diners, Drive-Ins and Dives: From The Heart (R)** Guy's hittin' up some spots putting their heart and soul into everything they do. In Carlsbad, Calif., the family-owned Italian joint staying true to a long-standing ravioli recipe. | **PG** +DDID17-011+ |

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| 11:30 | **Diners, Drive-Ins and Dives: That's Fresh (R)** Guy's stopping by some joints that are keepin' it fresh. In San Francisco, the Venezuelan joint servin' up a totally gluten-free menu of authentic standbys like arepas and empanadas. | **PG** +DDID17-012+ |

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| 12:00 | **Guy's Grocery Games: Full Meal Madness (R)** It's a full-on, full meal face-off when Guy Fieri gives the chefs 45 minutes to make three courses in each round. | **PG** +GUGG16-006+ |

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| 14:00 | **Diners, Drive-Ins and Dives: From The Heart (R)** Guy's hittin' up some spots putting their heart and soul into everything they do. In Carlsbad, Calif., the family-owned Italian joint staying true to a long-standing ravioli recipe. | **PG** +DDID17-011+ |

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| 16:00 | **Iron Chef America: Symon Vs. Brown (R)** New York Chef Ed Brown enters Kitchen Stadium to take on Iron Chef Michael Symon. | **PG** +ICAM08-018+ |

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| 17:00 | **Iron Chef America: Cora Vs. Smith (R)** Chef Holly Smith enters kitchen stadium to take on Iron Chef Cat Cora. | **PG** +ICAM08-019+ |

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| 18:00 | **Kid's Baking Championship: Imposters Italiano (R)** Valerie Bertinelli and Duff Goldman love Italian food so much they're challenging the bakers to create lasagne dessert imposters. | **PG** +KBAC05-004+ |

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| 19:00 | **Ridiculous Cakes: It's Vegas, Baby (R)** It will take a cake artist more than luck to deliver a wedding cake worthy of the famed Vegas strip. | **PG** +RICA02-005+ |

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| 19:30 | **Cake Wars: The Addams Family (R)** It's about to get a little creepy and kooky, because Morticia, Gomez, Uncle Fester and the rest of the Addams Family are on their way to the Cake Wars Kitchen. | **PG** +CAKW04-004+ |

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| 20:30 | **Ramsay's Hotel Hell: The Historic Calumet Inn (R) ’CC’** Gordon Ramsay travels across the US to fix some of its most horrendous hotels, troubled inns and struggling resorts. He will endure hotels at their worst, all so unsuspecting guests don't have to. Starring:GORDON RAMSAY | **M (L)**+HELL02-005+ |

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| 21:30 | **Cupcake Wars: Hollywood Black Film Festival NEW EPISODE**Four cupcake bakers vie to serve their cupcakes at a star-studded bash, celebrating the Hollywood Black Film Festival in Los Angeles. | **PG** +CUPW05-009+ |

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| 22:30 | **Cupcake Wars: Magical Cupcakes (R)** Bakers will be trading in their whisks for wands as they duke it out to win the opportunity to have their cupcakes center stage at an exclusive event at the world famous Magic Castle in Los Angeles. | **PG** +CUPW07-004+ |

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| 23:30 | **Ridiculous Cakes: It's Vegas, Baby (R)** It will take a cake artist more than luck to deliver a wedding cake worthy of the famed Vegas strip. | **PG** +RICA02-005+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Opa! Kip is embracing all things Greek which means dancing, feasting and smashing of plates! | **G** +7QWE18-012+ |

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| 01:30 | **Creek To Coast (R) ’CC’** Olivia discovers a magical mountain getaway. Sally shares a recipe that is packed full of goodness. Roger is in a fiery situation you never want to be in, while Scotty is exploring Yeppoon. | **G** +7CTC19-013+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Sofie tackles one of the Scenic Rim's magnificent peaks, Tamsyn tests the Gold Coast's latest driving range and Damien is behind the scenes of a 'Beautiful' musical that opens in Brisbane this month. | **G** +GDOT18-020+ |

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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** +HIWA21-009+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike visits a Mudgee property that has artist-inspiring scenery. Simone checks out Featherdale Wildlife Park. Mel stays at Elements of Byron, a five-star resort. Andrew Daddo eats at Manly Greenhouse. | **G** +7SWE26-014+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-008+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Opa! Kip is embracing all things Greek which means dancing, feasting and smashing of plates! | **G** +7QWE18-012+ |

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| 04:30 | **Creek To Coast (R) ’CC’** Olivia discovers a magical mountain getaway. Sally shares a recipe that is packed full of goodness. Roger is in a fiery situation you never want to be in, while Scotty is exploring Yeppoon. | **G** +7CTC19-013+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Sofie tackles one of the Scenic Rim's magnificent peaks, Tamsyn tests the Gold Coast's latest driving range and Damien is behind the scenes of a 'Beautiful' musical that opens in Brisbane this month. | **G** +GDOT18-020+ |

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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** +HIWA21-009+ |

 **Monday 24 June 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike visits a Mudgee property that has artist-inspiring scenery. Simone checks out Featherdale Wildlife Park. Mel stays at Elements of Byron, a five-star resort. Andrew Daddo eats at Manly Greenhouse. | **G** +7SWE26-014+ |

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| 06:30 | **Kid's Baking Championship: Imposters Italiano (R)** Valerie Bertinelli and Duff Goldman love Italian food so much they're challenging the bakers to create lasagne dessert imposters. | **PG** +KBAC05-004+ |

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| 07:30 | **Cake Wars: The Addams Family (R)** It's about to get a little creepy and kooky, because Morticia, Gomez, Uncle Fester and the rest of the Addams Family are on their way to the Cake Wars Kitchen. | **PG** +CAKW04-004+ |

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| 08:30 | **Cupcake Wars: Hollywood Black Film Festival (R)** Four cupcake bakers vie to serve their cupcakes at a star-studded bash, celebrating the Hollywood Black Film Festival in Los Angeles. | **PG** +CUPW05-009+ |

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| 09:30 | **Cupcake Wars: Magical Cupcakes (R)** Bakers will be trading in their whisks for wands as they duke it out to win the opportunity to have their cupcakes center stage at an exclusive event at the world famous Magic Castle in Los Angeles. | **PG** +CUPW07-004+ |

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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** +BHAG25-021+ |

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| 12:00 | **Cupcake Wars: Hollywood Black Film Festival (R)** Four cupcake bakers vie to serve their cupcakes at a star-studded bash, celebrating the Hollywood Black Film Festival in Los Angeles. | **PG** +CUPW05-009+ |

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| 13:00 | **Cupcake Wars: Magical Cupcakes (R)** Bakers will be trading in their whisks for wands as they duke it out to win the opportunity to have their cupcakes center stage at an exclusive event at the world famous Magic Castle in Los Angeles. | **PG** +CUPW07-004+ |

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| 14:00 | **Kid's Baking Championship: Imposters Italiano (R)** Valerie Bertinelli and Duff Goldman love Italian food so much they're challenging the bakers to create lasagne dessert imposters. | **PG** +KBAC05-004+ |

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| 15:00 | **Ridiculous Cakes: It's Vegas, Baby (R)** It will take a cake artist more than luck to deliver a wedding cake worthy of the famed Vegas strip. | **PG** +RICA02-005+ |

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| 15:30 | **The Pioneer Woman: Dorm Room Dining (R)** Ree Drummond is sharing some great ideas for simple, minimal-prep dorm room food made with basic tools, such as Waffle Maker Pizzas, Paninis and Quesadillas. | **PG** +PIWO12-001+ |

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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** +HOWL03-018+ |

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| 17:00 | **Giada At Home: The Steak House (R)** Giada De Laurentiis visits the Belcampo Meat Company in L.A.'s Grand Central Market to learn about different cuts of meat. | **PG** +GIHO08-010+ |

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| 17:30 | **The Kitchen: Perfect Plate Of Summer (R)** Summer foods are in the spotlight as The Kitchen creates a perfect plate of summer favorites. Sunny Anderson makes her London Broil with Tomato and Fennel. | **PG** +TKIT14-004+ |

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| 18:30 | **Chopped: Tacos And Tequila NEW EPISODE**It's fiesta time and the chefs are taking on tacos and tequila-themed baskets. | **PG** +CHPD37-001+ |

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| 19:30 | **Kid's Baking Championship: You're In The Ballpark (R)** Thirteen-year-old singing ventriloquist Darci Lynne and her puppet Petunia hang out at the ballpark with Valerie Bertinelli and Duff Goldman while they enjoy their favorite stadium snack. | **PG** +KBAC05-005+ |

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| 20:30 | **Cake Wars: Sesame Street NEW EPISODE**Big Bird and the whole crew are making their way from Sesame Street to Cake Wars! Four talented cake makers compete to have their creation at the center of an epic party celebrating the latest season. | **PG** +CAKW02-009+ |

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| 21:30 | **Spring Baking Championship: Derby Desserts (R)** The seven remaining bakers celebrate the Kentucky Derby with their takes on mint julep desserts and cookie garlands. | **PG** +SPBC03-003+ |

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| 22:30 | **Kid's Baking Championship: You're In The Ballpark (R)** Thirteen-year-old singing ventriloquist Darci Lynne and her puppet Petunia hang out at the ballpark with Valerie Bertinelli and Duff Goldman while they enjoy their favorite stadium snack. | **PG** +KBAC05-005+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-009+ |

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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 (R) ’CC’** Chris discovers some Fraser Coast gems. Sally has a one pot wonder, while Scotty has the story on 4 mile beach. | **G** +7CTC19-014+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Jill shares a glimpse into traditional initiations, ARIA Award winner Anthony Callea shares his Great Day Out. Alastair is on a food trek and Sofie has a few ideas for your next driving adventure. | **G** +GDOT18-021+ |

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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** +HIWA21-010+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike heads to Maitland and Morpeth, the historic and quaint villages of the Hunter region. Lea visits Muswellbrook. Matty is on a relaxing weekender staying at the luxe new Bannisters Port Stephens. | **G** +7SWE26-015+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-009+ |

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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 (R) ’CC’** Chris discovers some Fraser Coast gems. Sally has a one pot wonder, while Scotty has the story on 4 mile beach. | **G** +7CTC19-014+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Jill shares a glimpse into traditional initiations, ARIA Award winner Anthony Callea shares his Great Day Out. Alastair is on a food trek and Sofie has a few ideas for your next driving adventure. | **G** +GDOT18-021+ |

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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** +HIWA21-010+ |

 **Tuesday 25 June 2019**

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| 06:00 | **Spring Baking Championship: Derby Desserts (R)** The seven remaining bakers celebrate the Kentucky Derby with their takes on mint julep desserts and cookie garlands. | **PG** +SPBC03-003+ |

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| 07:00 | **The Pioneer Woman: Dorm Room Dining (R)** Ree Drummond is sharing some great ideas for simple, minimal-prep dorm room food made with basic tools, such as Waffle Maker Pizzas, Paninis and Quesadillas. | **PG** +PIWO12-001+ |

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| 07:30 | **The Kitchen: Perfect Plate Of Summer (R)** Summer foods are in the spotlight as The Kitchen creates a perfect plate of summer favorites. Sunny Anderson makes her London Broil with Tomato and Fennel. | **PG** +TKIT14-004+ |

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| 08:30 | **Cake Wars: Sesame Street (R)** Big Bird and the whole crew are making their way from Sesame Street to Cake Wars! Four talented cake makers compete to have their creation at the center of an epic party celebrating the latest season. | **PG** +CAKW02-009+ |

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| 09:30 | **Giada At Home: The Steak House (R)** Giada De Laurentiis visits the Belcampo Meat Company in L.A.'s Grand Central Market to learn about different cuts of meat. | **PG** +GIHO08-010+ |

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| 10:00 | **The Pioneer Woman: Dorm Room Dining (R)** Ree Drummond is sharing some great ideas for simple, minimal-prep dorm room food made with basic tools, such as Waffle Maker Pizzas, Paninis and Quesadillas. | **PG** +PIWO12-001+ |

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| 10:30 | **Barefoot Contessa: Back To Brooklyn (R)** It's a trip down memory lane for Ina and Jeffrey with a day trip to Brooklyn visiting places old and new. The day kicks off with a fabulous breakfast of Potato Latkes and Homemade Applesauce. | **PG** +BARE07-009+ |

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| 11:00 | **Spring Baking Championship: Derby Desserts (R)** The seven remaining bakers celebrate the Kentucky Derby with their takes on mint julep desserts and cookie garlands. | **PG** +SPBC03-003+ |

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| 12:00 | **The Kitchen: Perfect Plate Of Summer (R)** Summer foods are in the spotlight as The Kitchen creates a perfect plate of summer favorites. Sunny Anderson makes her London Broil with Tomato and Fennel. | **PG** +TKIT14-004+ |

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| 13:00 | **Chopped: Tacos And Tequila (R)** It's fiesta time and the chefs are taking on tacos and tequila-themed baskets. | **PG** +CHPD37-001+ |

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| 14:30 | **Kid's Baking Championship: You're In The Ballpark (R)** Thirteen-year-old singing ventriloquist Darci Lynne and her puppet Petunia hang out at the ballpark with Valerie Bertinelli and Duff Goldman while they enjoy their favorite stadium snack. | **PG** +KBAC05-005+ |

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| 15:30 | **Cake Wars: Sesame Street (R)** Big Bird and the whole crew are making their way from Sesame Street to Cake Wars! Four talented cake makers compete to have their creation at the center of an epic party celebrating the latest season. | **PG** +CAKW02-009+ |

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| 16:30 | **The Pioneer Woman: Party In The Fridge (R)** Ree Drummond is stocking the fridge with some make-ahead dishes for a cocktail party, including Chicken Satay with Peanut Sauce. | **PG** +PIWO12-002+ |

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| 17:00 | **Giada At Home: Friends For Lunch (R)** Giada De Laurentiis's daughter, Jade, has invited some friends over for an after-school lunch, so Giada is whipping up a fun kid-friendly menu. | **PG** +GIHO08-011+ |

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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: Leftover Takeover NEW EPISODE**The competitors are called upon to rescue foods that would normally be thrown out in a special leftovers competition. | **PG** +CHPD37-002+ |

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| 19:30 | **Mystery Diners: Heavy Metal Mess** The owners of the "Toad Tavern" in Colorado, are concerned that their son and his band mates are too focused on getting their music careers and are letting their responsibilities slide. | **PG** +MYSD07-007+ |

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| 20:00 | **Mystery Diners: Vicious Cycle** A bicycle delivery service is investigated by Charles and the team, after the owner of "Sliceworks" in Denver notices a decrease in sales and an increase in complaints. | **PG** +MYSD07-008+ |

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| 20:30 | **Restaurant Impossible: Frankie's DOUBLE EPISODE**Chef Robert is heading to Three Rivers, Michigan. | **PG** +RIMP04-007+ |

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| 21:30 | **Restaurant Impossible: Paliani's Restaurant** Chef Robert Irvine travels to Burton, Michigan. | **PG** +RIMP04-008+ |

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| 22:30 | **Mystery Diners: Heavy Metal Mess (R)** The owners of the "Toad Tavern" in Colorado, are concerned that their son and his band mates are too focused on getting their music careers and are letting their responsibilities slide. | **PG** +MYSD07-007+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-010+ |

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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 (R) ’CC’** Scotty is caravanning from Townville to Port Douglas, along the way meeting great people, discovering amazing food and exploring stunning locations. | **G** +7CTC19-015+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Sofie and her mum are on a tasting safari of Tamborine, Laurel discovers the 'spirits of the land' and Jess is with some life-changing pups. | **G** +GDOT18-022+ |

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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** +HIWA21-011+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike returns to Port Macquarie. Sally visits Auburn Botanic Gardens. Matt catches up with singer Ricki-Lee for a tour of the State Theatre.  | **G** +7SWE26-016+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-010+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Sofie and her mum are on a tasting safari of Tamborine, Laurel discovers the 'spirits of the land' and Jess is with some life-changing pups. | **G** +GDOT18-022+ |

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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** +HIWA21-011+ |

 **Wednesday 26 June 2019**

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| 06:00 | **Restaurant Impossible: Frankie's (R)** Chef Robert is heading to Three Rivers, Michigan. | **PG** +RIMP04-007+ |

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| 07:00 | **The Pioneer Woman: Party In The Fridge (R)** Ree Drummond is stocking the fridge with some make-ahead dishes for a cocktail party, including Chicken Satay with Peanut Sauce. | **PG** +PIWO12-002+ |

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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 | **Mystery Diners: Heavy Metal Mess (R)** The owners of the "Toad Tavern" in Colorado, are concerned that their son and his band mates are too focused on getting their music careers and are letting their responsibilities slide. | **PG** +MYSD07-007+ |

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| 09:00 | **Mystery Diners: Vicious Cycle (R)** A bicycle delivery service is investigated by Charles and the team, after the owner of "Sliceworks" in Denver notices a decrease in sales and an increase in complaints. | **PG** +MYSD07-008+ |

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| 09:30 | **Giada At Home: Friends For Lunch (R)** Giada De Laurentiis's daughter, Jade, has invited some friends over for an after-school lunch, so Giada is whipping up a fun kid-friendly menu. | **PG** +GIHO08-011+ |

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| 10:00 | **The Pioneer Woman: Party In The Fridge (R)** Ree Drummond is stocking the fridge with some make-ahead dishes for a cocktail party, including Chicken Satay with Peanut Sauce. | **PG** +PIWO12-002+ |

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| 10:30 | **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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| 11:00 | **Restaurant Impossible: Paliani's Restaurant (R)** Chef Robert Irvine travels to Burton, Michigan. | **PG** +RIMP04-008+ |

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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: Leftover Takeover (R)** The competitors are called upon to rescue foods that would normally be thrown out in a special leftovers competition. | **PG** +CHPD37-002+ |

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| 14:00 | **Giada At Home: Friends For Lunch (R)** Giada De Laurentiis's daughter, Jade, has invited some friends over for an after-school lunch, so Giada is whipping up a fun kid-friendly menu. | **PG** +GIHO08-011+ |

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| 14:30 | **Restaurant Impossible: Frankie's (R)** Chef Robert is heading to Three Rivers, Michigan. | **PG** +RIMP04-007+ |

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| 15:30 | **Restaurant Impossible: Paliani's Restaurant (R)** Chef Robert Irvine travels to Burton, Michigan. | **PG** +RIMP04-008+ |

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| 16:30 | **The Pioneer Woman: Christmas Goodies (R)** It's just a few days before Christmas, and Ree Drummond is making a slew of Christmas goodies as gifts. | **PG** +PIWO12-003+ |

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| 17:00 | **Giada At Home: 15-Minute Pastas (R)** It's a busy weeknight and you want to get a great dinner on the table fast. Giada De Laurentiis shows us how to make four pasta dishes that can all be accomplished in 15 minutes. | **PG** +GIHO08-012+ |

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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: Luck Of The Irish NEW EPISODE**The chefs have the good fortune to get treats from Ireland in every round, beginning with an iconic stout in the appetizer basket. | **PG** +CHPD37-003+ |

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| 19:30 | **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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| 20:30 | **Hell's Kitchen USA NEW EPISODE**The chefs must create a unique dish using Omaha steaks. | **M (L)**+HEKI13-013+ |

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| 21:30 | **Hell's Kitchen USA NEW EPISODE**The contestants will team up to face their toughest competition yet. | **M (L)**+HEKI13-014+ |

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| 22:30 | **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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| 23:30 | **Chopped: Luck Of The Irish (R)** The chefs have the good fortune to get treats from Ireland in every round, beginning with an iconic stout in the appetizer basket. | **PG** +CHPD37-003+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-011+ |

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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 (R) ’CC’** Roger has his pedal to the metal. Olivia is swimming with seals. Sally is on the road and in the kitchen, while Scotty is aboard the Big T in South Australia learning to pole tuna. | **G** +7CTC19-016+ |

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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’** 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 (R) ’CC’** Roger has his pedal to the metal. Olivia is swimming with seals. Sally is on the road and in the kitchen, while Scotty is aboard the Big T in South Australia learning to pole tuna. | **G** +7CTC19-016+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Laurel is exploring a beautiful hinterland town, Courtney is enjoying a crafternoon, Tamsyn discovers her new favourite sport and Sofie gives us a sneak peek of the EKKA. | **G** +GDOT18-023+ |

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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** +HIWA21-012+ |

 **Thursday 27 June 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike takes a winter tour of the Blue Mountains Botanic Gardens. Candice visits Treetops Networld. Karen meets some sports stars through Fan+ Sports Experiences. | **G** +7SWE26-017+ |

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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: Christmas Goodies (R)** It's just a few days before Christmas, and Ree Drummond is making a slew of Christmas goodies as gifts. | **PG** +PIWO12-003+ |

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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 | **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: 15-Minute Pastas (R)** It's a busy weeknight and you want to get a great dinner on the table fast. Giada De Laurentiis shows us how to make four pasta dishes that can all be accomplished in 15 minutes. | **PG** +GIHO08-012+ |

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| 10:00 | **The Pioneer Woman: Christmas Goodies (R)** It's just a few days before Christmas, and Ree Drummond is making a slew of Christmas goodies as gifts. | **PG** +PIWO12-003+ |

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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 | **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: 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: Luck Of The Irish (R)** The chefs have the good fortune to get treats from Ireland in every round, beginning with an iconic stout in the appetizer basket. | **PG** +CHPD37-003+ |

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| 14:00 | **Giada At Home: 15-Minute Pastas (R)** It's a busy weeknight and you want to get a great dinner on the table fast. Giada De Laurentiis shows us how to make four pasta dishes that can all be accomplished in 15 minutes. | **PG** +GIHO08-012+ |

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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 | **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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| 16:30 | **The Pioneer Woman: Anniversary (R)** It's Ree Drummond and her husband Ladd's anniversary, so to celebrate she's cooking a meal for the whole family.  | **PG** +PIWO12-004+ |

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| 17:00 | **Giada At Home: Raffy's In The House (R)** Aunt Raffy joins Giada De Laurentiis in the kitchen for a day of fun and laughter while her sister, Eloisa, joins them to try out their family dishes. | **PG** +GIHO08-013+ |

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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: Beer And Brats NEW EPISODE**The chefs take part in a Bavarian bash, starting with an appetizer basket that also includes potato chips. | **PG** +CHPD37-004+ |

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| 19:30 | **Ramsay's Hotel Hell: Hotel Chester (R) ’CC’** Gordon Ramsay travels across the US to fix some of its most horrendous hotels, troubled inns and struggling resorts. He will endure hotels at their worst, all so unsuspecting guests don't have to. Starring:GORDON RAMSAY | **M (L)**+HELL02-004+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: Moore Place - Revisited (R) ’CC’** Gordon goes back to Moore Place, to discover whether his fast-track guide to restaurant success helped the brewery whiz-kids transform their failing ex-Berni Inn into a profitable business. | **MA (L)**+RAKN01-007+ |

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| 21:30 | **Ramsay's Kitchen Nightmares: Bonapartes - Revisited (R) ’CC’** Gordon returns to Bonapartes, and discovers whether ambitious chef Tim has managed to maintain the same level of customers after his recommendations for improvement.  | **MA (L)**+RAKN01-008+ |

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| 22:30 | **Ramsay's Hotel Hell: Hotel Chester (R) ’CC’** Gordon Ramsay travels across the US to fix some of its most horrendous hotels, troubled inns and struggling resorts. He will endure hotels at their worst, all so unsuspecting guests don't have to. Starring:GORDON RAMSAY | **M (L)**+HELL02-004+ |

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| 23:30 | **Chopped: Beer And Brats (R)** The chefs take part in a Bavarian bash, starting with an appetizer basket that also includes potato chips. | **PG** +CHPD37-004+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-012+ |

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

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| 01:30 | **Creek To Coast (R) ’CC’** Scotty and Olivia tick off South Australia’s must catch on this extraordinary fishing trip to Port Lincoln. If you love fishing you are going to love this episode. | **G** +7CTC19-017+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Tamsyn is on a food-lovers tour, Luke discovers the latest in virtual reality gaming. We visit a charming strip of shops and Jillian samples some of Queensland's best produce. | **G** +GDOT18-024+ |

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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 discovers how old meets new in Armidale. Rose visits Pocket City Farms in Camperdown. Karen checks out the Sydney Dance Company's Open Class Program.  | **G** +7SWE26-018+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-012+ |

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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 (R) ’CC’** Scotty and Olivia tick off South Australia’s must catch on this extraordinary fishing trip to Port Lincoln. If you love fishing you are going to love this episode. | **G** +7CTC19-017+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Tamsyn is on a food-lovers tour, Luke discovers the latest in virtual reality gaming. We visit a charming strip of shops and Jillian samples some of Queensland's best produce. | **G** +GDOT18-024+ |

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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+ |

 **Friday 28 June 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike discovers how old meets new in Armidale. Rose visits Pocket City Farms in Camperdown. Karen checks out the Sydney Dance Company's Open Class Program.  | **G** +7SWE26-018+ |

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| 06:30 | **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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| 07:00 | **The Pioneer Woman: Anniversary (R)** It's Ree Drummond and her husband Ladd's anniversary, so to celebrate she's cooking a meal for the whole family.  | **PG** +PIWO12-004+ |

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

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| 09:30 | **Giada At Home: Raffy's In The House (R)** Aunt Raffy joins Giada De Laurentiis in the kitchen for a day of fun and laughter while her sister, Eloisa, joins them to try out their family dishes. | **PG** +GIHO08-013+ |

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| 10:00 | **The Pioneer Woman: Anniversary (R)** It's Ree Drummond and her husband Ladd's anniversary, so to celebrate she's cooking a meal for the whole family.  | **PG** +PIWO12-004+ |

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

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| 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: Beer And Brats (R)** The chefs take part in a Bavarian bash, starting with an appetizer basket that also includes potato chips. | **PG** +CHPD37-004+ |

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| 14:00 | **Giada At Home: Raffy's In The House (R)** Aunt Raffy joins Giada De Laurentiis in the kitchen for a day of fun and laughter while her sister, Eloisa, joins them to try out their family dishes. | **PG** +GIHO08-013+ |

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| 14:30 | **Rachael Ray's Week In A Day: Diner Lovers' Week (R)** Ever look at a diner menu and just can't decide on one thing? Then sink your teeth into a whole week's worth of diner food you can make in one day. Diner Style Hot Turkey Sandwiches | **PG** +WIAD05-007+ |

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| 15:30 | **The Pioneer Woman: Meatless Marvels (R)** Ree Drummond has stocked her kitchen with all the ingredients to make some of her favourite meatless meals.  | **PG** +PIWO12-005+ |

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| 16:00 | **Giada At Home: Kids In The Kitchen (R)** Giada de Laurentiis is joined in the kitchen by her daughter and her friends for a kids' cooking class. The kid-friendly menu features Pizza Popcorn and Green Spears and Ham. | **PG** +GIHO07-001+ |

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| 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** +HOWL03-018+ |

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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: Hush Puppy Love NEW EPISODE**The competitors take on Southern classics like hush puppies and black-eyed peas in the first basket. | **PG** +CHPD37-005+ |

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| 19:30 | **Bizarre Foods With Andrew Zimmern: Venice (R)** Andrew escapes to the romantic and mystical city of Venice where he first began his love affair with food.  | **PG (A)**+BIFO04-006+ |

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| 20:30 | **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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| 21:00 | **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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| 21:30 | **Cutthroat Kitchen: Tongue Thai-ed NEW EPISODE**One chef gets a helping hand from a Buddha. Then, two chefs help each other out by shopping for each other. | **PG** +CUTK04-013+ |

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| 22:30 | **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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| 23:00 | **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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| 23:30 | **Chopped: Hush Puppy Love (R)** The competitors take on Southern classics like hush puppies and black-eyed peas in the first basket. | **PG** +CHPD37-005+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-013+ |

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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 (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** +7CTC19-018+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Join Jess as she is on the hunt for unique treasures. Home and Away's Sophie Dillman shares her Great Day Out and Sofie is at a well-known destination that has a new offering. | **G** +GDOT18-025+ |

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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 heads to Murrumbateman, in the heart of Canberra's wine region. Lizzy visits the Wannabes, a family play center. Sally and Mike check out Cockington Green, famous for its miniature landmarks. | +7SWE26-019+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | +SAWE19-013+ |

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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. | +7QWE18-017+ |

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| 04:30 | **Creek To Coast (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. | +7CTC19-018+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Join Jess as she is on the hunt for unique treasures. Home and Away's Sophie Dillman shares her Great Day Out and Sofie is at a well-known destination that has a new offering. | +GDOT18-025+ |

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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+ |

 **Saturday 29 June 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike heads to Murrumbateman, in the heart of Canberra's wine region. Lizzy visits the Wannabes, a family play center. Sally and Mike check out Cockington Green, famous for its miniature landmarks. | +7SWE26-019+ |

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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. | +BHAG25-021+ |

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| 08:00 | **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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| 08:30 | **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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| 09:30 | **The Pioneer Woman: Meatless Marvels (R)** Ree Drummond has stocked her kitchen with all the ingredients to make some of her favourite meatless meals.  | **PG** +PIWO12-005+ |

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| 10:00 | **Giada At Home: Kids In The Kitchen (R)** Giada de Laurentiis is joined in the kitchen by her daughter and her friends for a kids' cooking class. The kid-friendly menu features Pizza Popcorn and Green Spears and Ham. | **PG** +GIHO07-001+ |

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| 10:30 | **Cutthroat Kitchen: Tongue Thai-ed (R)** One chef gets a helping hand from a Buddha. Then, two chefs help each other out by shopping for each other. | **PG** +CUTK04-013+ |

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| 11:30 | **Bizarre Foods With Andrew Zimmern: Venice (R)** Andrew escapes to the romantic and mystical city of Venice where he first began his love affair with food.  | **PG (A)**+BIFO04-006+ |

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| 12:30 | **Chopped: Tacos And Tequila (R)** It's fiesta time and the chefs are taking on tacos and tequila-themed baskets. | **PG** +CHPD37-001+ |

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| 13:30 | **The Pioneer Woman: Meatless Marvels (R)** Ree Drummond has stocked her kitchen with all the ingredients to make some of her favourite meatless meals.  | **PG** +PIWO12-005+ |

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

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| 14:30 | **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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| 15:00 | **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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| 16:00 | **Bizarre Foods With Andrew Zimmern: Venice (R)** Andrew escapes to the romantic and mystical city of Venice where he first began his love affair with food.  | **PG (A)**+BIFO04-006+ |

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| 17:00 | **Cutthroat Kitchen: Tongue Thai-ed (R)** One chef gets a helping hand from a Buddha. Then, two chefs help each other out by shopping for each other. | **PG** +CUTK04-013+ |

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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: Japan (R)** As Manu heads passed the half way mark on his journey around the world, he heads to Tokyo, a city he is keen to dig down into. | **PG** +AWWM01-005+ |

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| 20:00 | **Iron Chef America: Cora Vs. Kostow NEW EPISODE**Chef Christopher Kostow of The Restaurant at Meadowood in Napa Sonoma California enters Kitchen Stadium to take on fellow Californian Iron Chef Cat Cora. | **PG** +ICAM08-020+ |

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| 21:00 | **Iron Chef America: Garces Vs. Lee NEW EPISODE**Kentucky based Chef Edward Lee enters Kitchen stadium to take on Iron Chef Jose Garces. | **PG** +ICAM08-021+ |

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| 22:00 | **Diners, Drive-Ins And Dives: Sandwiches, Spaetzle And Sticky Wings (R)** Guy Fieri's caught up in a whirlwind of flavors. In Norfolk, Va., a two-for-one spot where a bomb butcher stacks sandwiches by day and a chef firing up ramen takes over at night. | **PG** +DDID27-001+ |

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| 22:30 | **Diners, Drive-Ins And Dives: Flavor Adventure (R)** Guy Fieri's taking a culinary trip filled with adventurous flavor. In Los Angeles, a funky spot all about filling bowls with eclectic eats. | **PG** +DDID27-002+ |

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| 23:00 | **Guy's Big Bite: Wham Bam Thank You Lamb (R)** At the Fieri house, it's Thanksgiving tradition to be untraditional! Guy gives thanks with his Balsamic Braised Leg of Lamb cooked in a pressure cooker for maximum tenderness. | **PG** +GUBB19-002+ |

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| 23:30 | **Anthony Bourdain: The Layover: Taipei** In Taipei, Anthony Bourdain visits the second-tallest building in the world. There he discovers pork carved out of jade and learns he can't have a plan in a bar scuffle. | +TLAY02-005+ |

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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. | +SAWE18-001+ |

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| 01:00 | **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. | +7QWE18-018+ |

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| 01:30 | **Creek To Coast ’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. | +7CTC19-019+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Alastair discovers Toowoomba's delicious side; we meet some of the artists who will be performing at BigSound and Sofie is off to the country. | +GDOT18-026+ |

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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’** This year, Sydney Weekender turns 25. To celebrate, Mike cruises around Sydney Harbour with Barefoot Charters. Mel heads to Scenic World in the Blue Mountains. Lizzy heads to Australian Reptile Park. Starring:ERICA DAVIS,LUKE CARROLL,LIZZY LOVETTE,MEL SYMONS,MIKE WHITNEY | +7SWE25-001+ |

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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. | +SAWE18-001+ |

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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. | +7QWE18-018+ |

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| 04:30 | **Creek To Coast (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. | +7CTC19-019+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Alastair discovers Toowoomba's delicious side; we meet some of the artists who will be performing at BigSound and Sofie is off to the country. | +GDOT18-026+ |

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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+ |