**Sunday 24 February 2019**

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| 06:00 | **TBA:**  TBC | ++ |

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| 07:30 | **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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| 08:30 | **Rachael Ray's Week In A Day: Souperstar Suppers (R)**  Soup's on, as Rachael throws down with five thick stews and soups that'll keep you satisfied through an entire week of eating. | **PG**  +WIAD03-004+ |

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| 09:30 | **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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| 10:00 | **Throwdown With Bobby Flay: Vegetable Lasagna (R)**  Christine and Carla are feeding a community of extended family but will Bobby Flay get booted when he comes knocking for his own Vegetable Lasagna Throwdown? | **PG**  +TWBF09-009+ |

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| 10:30 | **Iron Chef America: Zakarian vs. Sawyer (R)**  Geoffrey Zakarian, the newest Iron Chef, faces off against his challenger, Cleveland chef Jonathon Sawyer. | **PG**  +ICAM10-008+ |

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| 11:30 | **Iron Chef America: Forgione vs. Zimmerman (R)**  Iron Chef Marc Forgione faces off against challenger Andrew Zimmern. | **PG**  +ICAM10-009+ |

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| 12:30 | **Rachael Ray's Week In A Day: Souperstar Suppers (R)**  Soup's on, as Rachael throws down with five thick stews and soups that'll keep you satisfied through an entire week of eating. | **PG**  +WIAD03-004+ |

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| 13:30 | **Guy's Grocery Games: DDD Holiday Showdown**  Guy Fieri has invited four members of his Triple D family to Flavortown for a Holiday Throwdown. | **PG**  +GUGG16-005+ |

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| 14:30 | **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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| 15:30 | **Throwdown With Bobby Flay: Vegetable Lasagna (R)**  Christine and Carla are feeding a community of extended family but will Bobby Flay get booted when he comes knocking for his own Vegetable Lasagna Throwdown? | **PG**  +TWBF09-009+ |

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| 16:00 | **Iron Chef America: Zakarian vs. Sawyer (R)**  Geoffrey Zakarian, the newest Iron Chef, faces off against his challenger, Cleveland chef Jonathon Sawyer. | **PG**  +ICAM10-008+ |

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| 17:00 | **Iron Chef America: Forgione vs. Zimmerman (R)**  Iron Chef Marc Forgione faces off against challenger Andrew Zimmern. | **PG**  +ICAM10-009+ |

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| 18:00 | **Kid's Baking Championship: Lunchbox Impostors (R)**  Valerie Bertinelli and Duff Goldman have fond memories of the lunches they took to school as kids, so they're challenging the six kid bakers to look at lunch in a new way. | **PG**  +KBAC04-007+ |

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

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| 19:30 | **Cake Wars: Rugrats (R) NEW EPISODE**  Cake Wars gets animated celebrating everyone's favorite babies, the Rugrats. | **PG**  +CAKW04-013+ |

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| 20:30 | **Sweet Genius: Candied Genius NEW EPISODE**  The chefs try to create frozen desserts with candied ginger and squid ink. | **PG**  +SWEG01-003+ |

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| 21:30 | **Cupcake Wars: Cupcake Champions: Grand Finale NEW EPISODE**  It's the final leg of the Cupcake Champions Series and four bakers will put it all on the line for a chance to be named the ultimate cupcake champion and win $50,000. | **PG**  +CUPW06-004+ |

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| 22:30 | **Ridiculous Cakes: I Do, Times Two (R)**  One cake artist must deliver two oversized wedding cakes to two different weddings on the same day, and a baker creates a cake you can 'wear' for a fashion designer's party. | **PG**  +RICA02-013+ |

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| 23:00 | **Kid's Baking Championship: Lunchbox Impostors (R)**  Valerie Bertinelli and Duff Goldman have fond memories of the lunches they took to school as kids, so they're challenging the six kid bakers to look at lunch in a new way. | **PG**  +KBAC04-007+ |

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

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| 00:30 | **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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| 01:00 | **The Great Day Out (R) ’CC’**  Alastair digs deep and meets some passionate Toowoomba farmers. Sofie heads to the Great Barrier Reef while Laurel uncovers some recycled gems. | **G**  +GDOT18-042+ |

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| 01:30 | **Creek To Coast (R) ’CC’**  Scotty is in the Hinchinbrook region with his son, Roger is getting out of trouble with new mate Jack and Olivia is taking on Rocky. | **G**  +7CTC18-020+ |

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| 02:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-007+ |

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| 02:30 | **Home In WA**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-023+ |

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| 03:00 | **Queensland Weekender (R) ’CC’**  Luke and Cody tour Airlie in a red mustang. Lee has his young boys playing with real dump trucks and excavators. Plus we meet the man who built Queensland's first Batmobile. | **G**  +7QWE18-001+ |

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| 04:00 | **The Great Day Out (R) ’CC’**  Alastair digs deep and meets some passionate Toowoomba farmers. Sofie heads to the Great Barrier Reef while Laurel uncovers some recycled gems. | **G**  +GDOT18-042+ |

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| 05:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-023+ |

**Monday 25 February 2019**

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| 06:00 | **Queensland Weekender (R) ’CC’**  Luke and Cody tour Airlie in a red mustang. Lee has his young boys playing with real dump trucks and excavators. Plus we meet the man who built Queensland's first Batmobile. | **G**  +7QWE18-001+ |

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| 07:00 | **The Great Day Out (R) ’CC’**  Alastair digs deep and meets some passionate Toowoomba farmers. Sofie heads to the Great Barrier Reef while Laurel uncovers some recycled gems. | **G**  +GDOT18-042+ |

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| 07:30 | **Cake Wars: Rugrats (R)**  Cake Wars gets animated celebrating everyone's favorite babies, the Rugrats. | **PG**  +CAKW04-013+ |

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| 08:30 | **Sweet Genius: Candied Genius (R)**  The chefs try to create frozen desserts with candied ginger and squid ink. | **PG**  +SWEG01-003+ |

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| 09:30 | **Cupcake Wars: Cupcake Champions: Grand Finale (R)**  It's the final leg of the Cupcake Champions Series and four bakers will put it all on the line for a chance to be named the ultimate cupcake champion and win $50,000. | **PG**  +CUPW06-004+ |

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| 10:30 | **TBA:**  TBC | ++ |

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| 12:00 | **Cake Wars: Rugrats (R)**  Cake Wars gets animated celebrating everyone's favorite babies, the Rugrats. | **PG**  +CAKW04-013+ |

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| 13:00 | **Cupcake Wars: Cupcake Champions: Grand Finale (R)**  It's the final leg of the Cupcake Champions Series and four bakers will put it all on the line for a chance to be named the ultimate cupcake champion and win $50,000. | **PG**  +CUPW06-004+ |

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| 14:00 | **Giada At Home: Halloween Goodies (R)**  Giada De Laurentiis hosts a very "old school" Halloween party for Jade and her friends. Giada transforms her backyard into a pumpkin patch and the kids decorate pumpkins. | **PG**  +GIHO07-007+ |

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| 14:30 | **The Kitchen: Brunch Resolutions (R)**  The Kitchen kicks off the New Year with resolutions for brunch. Geoffrey Zakarian starts off with one of Spain's most popular dishes, a Brunch Tortilla. | **PG**  +TKIT15-010+ |

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| 15:30 | **The Pioneer Woman: Feeding 101 (R)**  While Ree Drummond's husband, Ladd, gives a lesson on feeding the ranch's cattle, Ree's in the kitchen cooking up three comforting make-ahead meals. | **PG**  +PIWO12-013+ |

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| 16:00 | **TBA:**  TBC | ++ |

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| 17:00 | **Kid's Baking Championship: Lunchbox Impostors (R)**  Valerie Bertinelli and Duff Goldman have fond memories of the lunches they took to school as kids, so they're challenging the six kid bakers to look at lunch in a new way. | **PG**  +KBAC04-007+ |

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| 18:00 | **Ridiculous Cakes: I Do, Times Two (R)**  One cake artist must deliver two oversized wedding cakes to two different weddings on the same day, and a baker creates a cake you can 'wear' for a fashion designer's party. | **PG**  +RICA02-013+ |

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| 18:30 | **Chopped: Teen Tournament: Battle 2 NEW EPISODE**  Seafood surprises await the teen chefs in round two, then some breakfast items take on a creative form in the dessert basket. | **PG**  +CHPD29-008+ |

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| 19:30 | **Kid's Baking Championship: Out Of This World NEW EPISODE**  Duff Goldman and Valerie Bertinelli bring the galaxy into the kitchen by asking the five kid bakers to make colourful and imaginative intergalactic desserts. | **PG**  +KBAC04-008+ |

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| 20:30 | **Spring Baking Championship: Great Outdoors**  The seven remaining bakers take on outdoor activities with a ballpark snack dessert and barbecue imposter desserts. Baby back rib brownies, anyone? | **PG**  +SPBC02-002+ |

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| 21:30 | **Spring Baking Championship: Bake The Rainbow**  The bakers make yummy dippers and create a sweet fondue; the bakers must produce rainbow desserts. | **PG**  +SPBC02-003+ |

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| 22:30 | **Kid's Baking Championship: Out Of This World (R)**  Duff Goldman and Valerie Bertinelli bring the galaxy into the kitchen by asking the five kid bakers to make colourful and imaginative intergalactic desserts. | **PG**  +KBAC04-008+ |

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| 23:30 | **Chopped: Teen Tournament: Battle 2 (R)**  Seafood surprises await the teen chefs in round two, then some breakfast items take on a creative form in the dessert basket. | **PG**  +CHPD29-008+ |

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| 00:30 | **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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| 01:00 | **The Great Day Out (R) ’CC’**  Alastair gets a taste of the south east's newest night markets and Sofie is back in paradise. | **G**  +GDOT18-043+ |

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| 01:30 | **Creek To Coast (R) ’CC’**  Sally is in her element, Olivia uncovers the important work of the Volunteer Marine Rescue and the Coast Guard and Scotty is targeting a fish he hasn't caught in over 30 years. | **G**  +7CTC18-021+ |

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| 02:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-008+ |

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| 02:30 | **Home In WA**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-024+ |

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| 03:00 | **Queensland Weekender (R) ’CC’**  Join us this week on Queensland Weekender as Chris goes in search of Queensland's hottest events. | **G**  +7QWE18-002+ |

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| 03:30 | **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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| 04:00 | **The Great Day Out (R) ’CC’**  Alastair gets a taste of the south east's newest night markets and Sofie is back in paradise. | **G**  +GDOT18-043+ |

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| 04:30 | **Creek To Coast (R) ’CC’**  Sally is in her element, Olivia uncovers the important work of the Volunteer Marine Rescue and the Coast Guard and Scotty is targeting a fish he hasn't caught in over 30 years. | **G**  +7CTC18-021+ |

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| 05:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-008+ |

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| 05:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-024+ |

**Tuesday 26 February 2019**

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| 06:00 | **Queensland Weekender (R) ’CC’**  Join us this week on Queensland Weekender as Chris goes in search of Queensland's hottest events. | **G**  +7QWE18-002+ |

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| 06:30 | **The Pioneer Woman: Feeding 101 (R)**  While Ree Drummond's husband, Ladd, gives a lesson on feeding the ranch's cattle, Ree's in the kitchen cooking up three comforting make-ahead meals. | **PG**  +PIWO12-013+ |

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| 07:00 | **Giada At Home: Halloween Goodies (R)**  Giada De Laurentiis hosts a very "old school" Halloween party for Jade and her friends. Giada transforms her backyard into a pumpkin patch and the kids decorate pumpkins. | **PG**  +GIHO07-007+ |

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| 07:30 | **The Kitchen: Brunch Resolutions (R)**  The Kitchen kicks off the New Year with resolutions for brunch. Geoffrey Zakarian starts off with one of Spain's most popular dishes, a Brunch Tortilla. | **PG**  +TKIT15-010+ |

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| 08:30 | **Spring Baking Championship: Great Outdoors (R)**  The seven remaining bakers take on outdoor activities with a ballpark snack dessert and barbecue imposter desserts. Baby back rib brownies, anyone? | **PG**  +SPBC02-002+ |

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| 09:30 | **Spring Baking Championship: Bake The Rainbow (R)**  The bakers make yummy dippers and create a sweet fondue; the bakers must produce rainbow desserts. | **PG**  +SPBC02-003+ |

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| 10:30 | **TBA:**  TBC | ++ |

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| 12:00 | **Giada At Home: Halloween Goodies (R)**  Giada De Laurentiis hosts a very "old school" Halloween party for Jade and her friends. Giada transforms her backyard into a pumpkin patch and the kids decorate pumpkins. | **PG**  +GIHO07-007+ |

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| 12:30 | **Spring Baking Championship: Bake The Rainbow (R)**  The bakers make yummy dippers and create a sweet fondue; the bakers must produce rainbow desserts. | **PG**  +SPBC02-003+ |

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| 13:30 | **Chopped: Teen Tournament: Battle 2 (R)**  Seafood surprises await the teen chefs in round two, then some breakfast items take on a creative form in the dessert basket. | **PG**  +CHPD29-008+ |

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| 14:30 | **The Kitchen: Hearty And Healthy (R)**  The Kitchen is making flavorful and veggie-packed recipes. Jeff Mauro shares his Chicken Pot Pie with Butternut Squash Gravy and Katie Lee adds her Chicken Alfredo Spaghetti Squash Boats to the menu. | **PG**  +TKIT15-011+ |

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| 15:30 | **Guy's Big Bite: Al Pastor All Day**  Guy Fieri's hosting taco night, so he prepares an all-time favorite, Al Pastor Tacos, filled with roasted pork and topped with Pineapple Jalapeno Salsa. For dessert, he turns down the heat. | **PG**  +GUBB19-001+ |

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| 16:00 | **Giada At Home: Giving Thanks**  Giada hosts a traditional family Thanksgiving outdoors. The meal features all the fixings with fun twists like Turkey Breast "Porchetta," and Bacon Bourbon Brussels Sprout Skewers. | **PG**  +GIHO07-008+ |

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| 16:30 | **Spring Baking Championship: Great Outdoors (R)**  The seven remaining bakers take on outdoor activities with a ballpark snack dessert and barbecue imposter desserts. Baby back rib brownies, anyone? | **PG**  +SPBC02-002+ |

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| 17:30 | **Kid's Baking Championship: Out Of This World (R)**  Duff Goldman and Valerie Bertinelli bring the galaxy into the kitchen by asking the five kid bakers to make colourful and imaginative intergalactic desserts. | **PG**  +KBAC04-008+ |

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

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| 19:30 | **Mystery Diners: Skating On Thin Ice (R)**  After noticing missing food and merchandise, the owners of "Epic Rollertainment" in Murrieta, California, contact Charles Stiles for help. | **PG (L,A)**  +MYSD10-012+ |

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| 20:00 | **Mystery Diners: Drive-Thru Drama (R)**  A drop-in customer seems suspicious to the owner of "B'Man Teriyaki and Burgers" in Pasadena, California, prompting him to call in Charles Stiles and his team. | **PG (L,A)**  +MYSD10-013+ |

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| 20:30 | **Restaurant: Impossible: Dirty Laundry NEW EPISODE**  Chef Robert Irvine heads to Hillbillies Restaurant in Murphys, Calif., to investigate why Jami's breakfast and lunch spot is failing. | **PG**  +RIMP07-012+ |

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| 21:30 | **Restaurant: Impossible: Mumbo Jumbo NEW EPISODE**  Julio purchased the Mexican restaurant Estrada's six years ago and it has been anything but a fiesta. They are in over $400,000 worth of debt and seriously need Chef Robert Irvine's help. | **PG**  +RIMP07-013+ |

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| 22:30 | **Mystery Diners: Skating On Thin Ice (R)**  After noticing missing food and merchandise, the owners of "Epic Rollertainment" in Murrieta, California, contact Charles Stiles for help. | **PG (L,A)**  +MYSD10-012+ |

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| 23:30 | **Chopped: Teen Tournament: Battle 3 (R)**  In the third of four preliminary competitions, a new group of teen chefs arrives in the Chopped Kitchen with tons of energy, which they put to good use cooking short rib appetizers. | **PG**  +CHPD29-009+ |

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| 00:30 | **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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| 01:00 | **The Great Day Out (R) ’CC’**  Laurel meets the women behind an exotic Brisbane marketplace, Alastair has Ipswich's dining scene covered and Tamsyn WAGS work for a little Wednesday Afternoon Sailing. | **G**  +GDOT18-044+ |

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

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| 02:00 | **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**  +SAWE18-009+ |

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| 02:30 | **Home In WA**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-025+ |

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| 03:00 | **Queensland Weekender (R) ’CC’**  This week Liz Cantor has the ultimate surprise for her husband's birthday, a tandem skydive. Bridget heads to the tropics to one of the event cities for the 2018 Commonwealth Games. | **G**  +7QWE18-003+ |

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| 04:00 | **The Great Day Out (R) ’CC’**  Laurel meets the women behind an exotic Brisbane marketplace, Alastair has Ipswich's dining scene covered and Tamsyn WAGS work for a little Wednesday Afternoon Sailing. | **G**  +GDOT18-044+ |

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| 04:30 | **Creek To Coast (R) ’CC’**  Scott takes his good mate Nova breakfast radio presenter Ash Bradnam on a fishing trip south, from the Gold Coast to Ballina and Yamba. | **G**  +7CTC18-022+ |

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| 05:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-009+ |

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| 05:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-025+ |

**Wednesday 27 February 2019**

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| 06:00 | **Queensland Weekender (R) ’CC’**  This week Liz Cantor has the ultimate surprise for her husband's birthday, a tandem skydive. Bridget heads to the tropics to one of the event cities for the 2018 Commonwealth Games. | **G**  +7QWE18-003+ |

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| 06:30 | **Guy's Big Bite: Al Pastor All Day (R)**  Guy Fieri's hosting taco night, so he prepares an all-time favorite, Al Pastor Tacos, filled with roasted pork and topped with Pineapple Jalapeno Salsa. For dessert, he turns down the heat. | **PG**  +GUBB19-001+ |

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| 07:00 | **Giada At Home: Giving Thanks (R)**  Giada hosts a traditional family Thanksgiving outdoors. The meal features all the fixings with fun twists like Turkey Breast "Porchetta," and Bacon Bourbon Brussels Sprout Skewers. | **PG**  +GIHO07-008+ |

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| 07:30 | **The Kitchen: Hearty And Healthy (R)**  The Kitchen is making flavorful and veggie-packed recipes. Jeff Mauro shares his Chicken Pot Pie with Butternut Squash Gravy and Katie Lee adds her Chicken Alfredo Spaghetti Squash Boats to the menu. | **PG**  +TKIT15-011+ |

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| 08:30 | **Restaurant: Impossible: Dirty Laundry (R)**  Chef Robert Irvine heads to Hillbillies Restaurant in Murphys, Calif., to investigate why Jami's breakfast and lunch spot is failing. | **PG**  +RIMP07-012+ |

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| 09:30 | **Restaurant: Impossible: Mumbo Jumbo (R)**  Julio purchased the Mexican restaurant Estrada's six years ago and it has been anything but a fiesta. They are in over $400,000 worth of debt and seriously need Chef Robert Irvine's help. | **PG**  +RIMP07-013+ |

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| 10:30 | **TBA:**  TBC | ++ |

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| 12:00 | **Giada At Home: Giving Thanks (R)**  Giada hosts a traditional family Thanksgiving outdoors. The meal features all the fixings with fun twists like Turkey Breast "Porchetta," and Bacon Bourbon Brussels Sprout Skewers. | **PG**  +GIHO07-008+ |

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| 12:30 | **Restaurant: Impossible: Dirty Laundry (R)**  Chef Robert Irvine heads to Hillbillies Restaurant in Murphys, Calif., to investigate why Jami's breakfast and lunch spot is failing. | **PG**  +RIMP07-012+ |

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| 13:30 | **Chopped: Teen Tournament: Battle 3 (R)**  In the third of four preliminary competitions, a new group of teen chefs arrives in the Chopped Kitchen with tons of energy, which they put to good use cooking short rib appetizers. | **PG**  +CHPD29-009+ |

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| 14:30 | **The Kitchen: Flavors That Whisk You Away (R)**  The gang takes a tropical trip and Katie Lee begins with her Slow Cooker Hawaiian Pulled Pork, then Jeff Mauro serves up a crispy Hash Brown Crusted Halibut. | **PG**  +TKIT15-012+ |

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| 15:30 | **Guy's Big Bite: Wham Bam Thank You Lamb**  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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| 16:00 | **Giada At Home: Slumber Party With Alie And Georgia**  Giada De Laurentiis is a guest at the Hollywood Improv, for Alie Ward and Georgia Hardstark's live comedy show called Slumber Party with Alie and Georgia. | **PG**  +GIHO07-009+ |

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| 16:30 | **Restaurant: Impossible: Mumbo Jumbo (R)**  Julio purchased the Mexican restaurant Estrada's six years ago and it has been anything but a fiesta. They are in over $400,000 worth of debt and seriously need Chef Robert Irvine's help. | **PG**  +RIMP07-013+ |

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| 17:30 | **Mystery Diners: Skating On Thin Ice (R)**  After noticing missing food and merchandise, the owners of "Epic Rollertainment" in Murrieta, California, contact Charles Stiles for help. | **PG (L,A)**  +MYSD10-012+ |

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| 18:00 | **Mystery Diners: Drive-Thru Drama (R)**  A drop-in customer seems suspicious to the owner of "B'Man Teriyaki and Burgers" in Pasadena, California, prompting him to call in Charles Stiles and his team. | **PG (L,A)**  +MYSD10-013+ |

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

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| 19:30 | **Ramsay's Costa Del Nightmares: Quelcuttis (R) ’CC’**  Gordon Ramsay visits some of Europe's holiday hotspots, meeting Brits abroad struggling with restaurants in crisis. Starring:GORDON RAMSAY | **M (L)**  +RCDN-004+ |

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| 20:30 | **Ramsay's Kitchen Nightmares USA: Mangia Mangia - Part 1 (R) ’CC’**  Chef Ramsay heads to Woodland Park, CO, where he attempts to save an Italian joint with an identity crisis. | **M (L)**  +KNUS07-005+ |

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| 21:30 | **Ramsay's Kitchen Nightmares USA: Mangia Mangia - Part 2 (R) ’CC’**  In part 2, Gordon hopes to get through to the warring personalities at Mangia Mangia and wake them up to make the dramatic changes needed for success. | **M (D,L)**  +KNUS07-006+ |

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| 22:30 | **Ramsay's Costa Del Nightmares: Quelcuttis (R) ’CC’**  Gordon Ramsay visits some of Europe's holiday hotspots, meeting Brits abroad struggling with restaurants in crisis. Starring:GORDON RAMSAY | **M (L)**  +RCDN-004+ |

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| 23:30 | **Chopped: Teen Tournament: Battle 4 (R)**  Four more teen chefs battle it out for the last spot in the finale. A can of something strange and a bottle of something sour are two of the ingredients that the competitors must use in the appetizer. | **PG**  +CHPD29-010+ |

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| 00:30 | **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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| 01:00 | **The Great Day Out (R) ’CC’**  Home and Away's Sophie Dillman shares her Great Day Out while Jillian samples some of Queensland's best produce. | **G**  +GDOT18-045+ |

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

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

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

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| 04:00 | **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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| 04:30 | **The Great Day Out (R) ’CC’**  Home and Away's Sophie Dillman shares her Great Day Out while Jillian samples some of Queensland's best produce. | **G**  +GDOT18-045+ |

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| 05:00 | **Creek To Coast (R) ’CC’**  Olivia is in Rockhampton, a town full of mad keen fishers. Billy is getting down and dirty and Scott is pulling in big ones with mate Andrew. | **G**  +7CTC18-023+ |

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| 05:30 | **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+ |

**Thursday 28 February 2019**

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| 06:00 | **The Great Day Out (R) ’CC’**  Home and Away's Sophie Dillman shares her Great Day Out while Jillian samples some of Queensland's best produce. | **G**  +GDOT18-045+ |

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| 06:30 | **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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| 07:00 | **Giada At Home: Slumber Party With Alie And Georgia (R)**  Giada De Laurentiis is a guest at the Hollywood Improv, for Alie Ward and Georgia Hardstark's live comedy show called Slumber Party with Alie and Georgia. | **PG**  +GIHO07-009+ |

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| 07:30 | **The Kitchen: Flavors That Whisk You Away (R)**  The gang takes a tropical trip and Katie Lee begins with her Slow Cooker Hawaiian Pulled Pork, then Jeff Mauro serves up a crispy Hash Brown Crusted Halibut. | **PG**  +TKIT15-012+ |

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| 08:30 | **Rachael Ray's Week In A Day: Count Your Chickens (R)**  Two cooked chickens equal a week's worth of satisfying suppers. Chicken and Mushrooms with Rigatoni; Chicken and Chorizo Spanish Enchiladas; Derby Sage Mac and Cheese with Ham and much more. | **PG**  +WIAD05-008+ |

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| 09:30 | **Guy's Grocery Games: Spiciest! (R)**  The heat is on in Flavortown with Guy Fieri's spiciest games yet. | **PG**  +GUGG16-004+ |

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| 10:30 | **TBA:**  TBC | ++ |

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| 12:00 | **Giada At Home: Slumber Party With Alie And Georgia (R)**  Giada De Laurentiis is a guest at the Hollywood Improv, for Alie Ward and Georgia Hardstark's live comedy show called Slumber Party with Alie and Georgia. | **PG**  +GIHO07-009+ |

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| 12:30 | **Guy's Grocery Games: Spiciest! (R)**  The heat is on in Flavortown with Guy Fieri's spiciest games yet. | **PG**  +GUGG16-004+ |

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| 13:30 | **Chopped: Teen Tournament: Battle 4 (R)**  Four more teen chefs battle it out for the last spot in the finale. A can of something strange and a bottle of something sour are two of the ingredients that the competitors must use in the appetizer. | **PG**  +CHPD29-010+ |

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| 14:30 | **The Kitchen: Dining On A Dime (R)**  The Kitchen hosts are sharing tips for money-saving meals and dollar-stretching deals, starting with Sunny Anderson's Meat N' Potatoes Bundt Loaf. | **PG**  +TKIT15-013+ |

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| 15:30 | **Guy's Big Bite: Guy's New Favorite Burger**  Guy Fieri has tasted burgers from coast to coast, and now he's sharing one of his all-time favorites. It's the juicy, cheesy Pimento Cheese Stuffed Burger stacked high with a fried heirloom tomato. | **PG**  +GUBB19-003+ |

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| 16:00 | **Giada At Home: An Italian Christmas (R)**  Giada De Laurentiis hosts Christmas Eve dinner to celebrate The Feast of the Seven Fishes with her Italian family. | **PG**  +GIHO07-010+ |

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| 16:30 | **Guy's Grocery Games: Spiciest! (R)**  The heat is on in Flavortown with Guy Fieri's spiciest games yet. | **PG**  +GUGG16-004+ |

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| 17:30 | **Rachael Ray's Week In A Day: Count Your Chickens (R)**  Two cooked chickens equal a week's worth of satisfying suppers. Chicken and Mushrooms with Rigatoni; Chicken and Chorizo Spanish Enchiladas; Derby Sage Mac and Cheese with Ham and much more. | **PG**  +WIAD05-008+ |

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

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| 19:30 | **Ramsay's Costa Del Nightmares: Le Deck (R) ’CC’**  Gordon Ramsay visits some of Europe's holiday hotspots, meeting Brits abroad struggling with restaurants in crisis. Starring:GORDON RAMSAY | **M (L)**  +RCDN-002+ |

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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 | **Ramsay's Kitchen Nightmares: The Fenwick Arms - Revisited (R) ’CC’**  Gordon returns to the Fenwick Arms, and finds that new competition is threatening the pub's survival. | **MA (L)**  +RAKN03-006+ |

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| 22:30 | **Ramsay's Costa Del Nightmares: Le Deck (R) ’CC’**  Gordon Ramsay visits some of Europe's holiday hotspots, meeting Brits abroad struggling with restaurants in crisis. Starring:GORDON RAMSAY | **M (L)**  +RCDN-002+ |

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| 23:30 | **Chopped: Teen Tournament: Finale Fight (R)**  Four teen winners have returned for the grand finale. The young cooks find a surf-and-turf combination in the appetizer basket and aim to distinguish themselves from their opponents. | **PG**  +CHPD29-011+ |

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| 00:30 | **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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| 01:00 | **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 Alastair is on a Queensland food trek. | **G**  +GDOT18-046+ |

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

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| 02:00 | **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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| 02:30 | **Home In WA**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-026+ |

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| 03:00 | **Queensland Weekender (R) ’CC’**  This week on Queensland Weekender, Victoria is on a driving holiday along The Great Dividing Range. | **G**  +7QWE18-004+ |

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| 03:30 | **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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| 04:00 | **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 Alastair is on a Queensland food trek. | **G**  +GDOT18-046+ |

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

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| 05:00 | **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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| 05:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-026+ |

**Friday 01 March 2019**

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| 06:00 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-026+ |

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| 06:30 | **Guy's Big Bite: Guy's New Favorite Burger (R)**  Guy Fieri has tasted burgers from coast to coast, and now he's sharing one of his all-time favorites. It's the juicy, cheesy Pimento Cheese Stuffed Burger stacked high with a fried heirloom tomato. | **PG**  +GUBB19-003+ |

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| 07:00 | **Giada At Home: An Italian Christmas (R)**  Giada De Laurentiis hosts Christmas Eve dinner to celebrate The Feast of the Seven Fishes with her Italian family. | **PG**  +GIHO07-010+ |

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| 07:30 | **The Kitchen: Dining On A Dime (R)**  The Kitchen hosts are sharing tips for money-saving meals and dollar-stretching deals, starting with Sunny Anderson's Meat N' Potatoes Bundt Loaf. | **PG**  +TKIT15-013+ |

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| 08:30 | **Rachael Ray's Week In A Day: Soups, Stews And Sloppy Lous (R)**  Celebrate one of the world's great comfort foods with a week's worth of satisfying soups and stews. Potted Beef and Mushroom; Ribollita - Vegetable, Bean and Stale Bread Soup | **PG**  +WIAD05-009+ |

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| 09:30 | **Guy's Grocery Games: Pizza Masters (R)**  It's sur-pie-val of the fittest when four dough throwers compete in a pizza playoff. | **PG**  +GUGG15-002+ |

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| 10:30 | **Guy's Big Bite: Guy's New Favorite Burger (R)**  Guy Fieri has tasted burgers from coast to coast, and now he's sharing one of his all-time favorites. It's the juicy, cheesy Pimento Cheese Stuffed Burger stacked high with a fried heirloom tomato. | **PG**  +GUBB19-003+ |

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| 11:00 | **The Kitchen: Dining On A Dime (R)**  The Kitchen hosts are sharing tips for money-saving meals and dollar-stretching deals, starting with Sunny Anderson's Meat N' Potatoes Bundt Loaf. | **PG**  +TKIT15-013+ |

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| 12:00 | **Giada At Home: An Italian Christmas (R)**  Giada De Laurentiis hosts Christmas Eve dinner to celebrate The Feast of the Seven Fishes with her Italian family. | **PG**  +GIHO07-010+ |

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| 12:30 | **Guy's Grocery Games: Pizza Masters (R)**  It's sur-pie-val of the fittest when four dough throwers compete in a pizza playoff. | **PG**  +GUGG15-002+ |

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| 13:30 | **Chopped: Teen Tournament: Finale Fight (R)**  Four teen winners have returned for the grand finale. The young cooks find a surf-and-turf combination in the appetizer basket and aim to distinguish themselves from their opponents. | **PG**  +CHPD29-011+ |

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| 14:30 | **The Kitchen: Spring Feast (R)**  Spring has sprung, and Marcela Valladolid celebrates by making a Savory Spring Roasted Rack of Lamb. Learn new and natural techniques for decorating Easter eggs and making food-inspired bouquets. | **PG**  +TKIT13-001+ |

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| 15:30 | **Guy's Big Bite: Butter Makes It Better**  Guy Fieri is in the kitchen with his mom, Penny Ferry, and they're cooking up a meal literally oozing with flavor! It's all about the crispy, juicy, buttery Chicken Kiev, Zucchini and Fennel Noodles. | **PG**  +GUBB19-004+ |

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| 16:00 | **Giada At Home: Festive Desserts (R)**  Giada De Laurentiis makes delectable desserts that would be perfect for a fancy party. | **PG**  +GIHO07-011+ |

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| 16:30 | **TBA:**  TBC | ++ |

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| 17:30 | **Rachael Ray's Week In A Day: Soups, Stews And Sloppy Lous (R)**  Celebrate one of the world's great comfort foods with a week's worth of satisfying soups and stews. Potted Beef and Mushroom; Ribollita - Vegetable, Bean and Stale Bread Soup | **PG**  +WIAD05-009+ |

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

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| 19:30 | **Bizarre Foods With Andrew Zimmern: San Francisco NEW EPISODE**  Curious about what happens to the thrown-out food from your favorite restaurants? Andrew gets a taste of some alternative food sources that may cause you to question your next meal. | **PG (A)**  +BIFO04-012+ |

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| 20:30 | **Anthony Bourdain: No Reservations: Emilia Romagna (R)**  Tony visits what is said to be the best food region in Italy. | **PG**  +NORE08-014+ |

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

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| 22:30 | **Bizarre Foods With Andrew Zimmern: San Francisco (R)**  Curious about what happens to the thrown-out food from your favorite restaurants? Andrew gets a taste of some alternative food sources that may cause you to question your next meal. | **PG (A)**  +BIFO04-012+ |

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

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| 00:30 | **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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| 01:00 | **The Great Day Out (R) ’CC’**  The team is exploring the best of Brisbane. | **G**  +GDOT18-047+ |

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| 01:30 | **Creek To Coast (R) ’CC’**  Scotty is doing some modelling, don't worry it's for a good cause, before wetting a line in Townsville. Bridget is all revved up in her hometown of Pittsworth and Roger has left the bitumen behind. | **G**  +7CTC18-025+ |

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| 02:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-011+ |

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| 02:30 | **Home In WA**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-027+ |

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| 03:00 | **Queensland Weekender (R) ’CC’**  This week on Queensland Weekender, Liz experiences one of the most scenic ways to see the Gold Coast. Plus, Curtis explores the green behind the gold on the Gold Coast. | **G**  +7QWE18-005+ |

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| 03:30 | **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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| 04:00 | **The Great Day Out (R) ’CC’**  The team is exploring the best of Brisbane. | **G**  +GDOT18-047+ |

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| 04:30 | **Creek To Coast (R) ’CC’**  Scotty is doing some modelling, don't worry it's for a good cause, before wetting a line in Townsville. Bridget is all revved up in her hometown of Pittsworth and Roger has left the bitumen behind. | **G**  +7CTC18-025+ |

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| 05:00 | **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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| 05:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-027+ |

**Saturday 02 March 2019**

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| 06:00 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-027+ |

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| 06:30 | **Rachael Ray's Week In A Day: Soups, Stews And Sloppy Lous (R)**  Celebrate one of the world's great comfort foods with a week's worth of satisfying soups and stews. Potted Beef and Mushroom; Ribollita - Vegetable, Bean and Stale Bread Soup | **PG**  +WIAD05-009+ |

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| 07:30 | **Guy's Big Bite: Butter Makes It Better (R)**  Guy Fieri is in the kitchen with his mom, Penny Ferry, and they're cooking up a meal literally oozing with flavor! It's all about the crispy, juicy, buttery Chicken Kiev, Zucchini and Fennel Noodles. | **PG**  +GUBB19-004+ |

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| 08:00 | **Giada At Home: Festive Desserts (R)**  Giada De Laurentiis makes delectable desserts that would be perfect for a fancy party. | **PG**  +GIHO07-011+ |

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| 08:30 | **The Kitchen: Spring Feast (R)**  Spring has sprung, and Marcela Valladolid celebrates by making a Savory Spring Roasted Rack of Lamb. Learn new and natural techniques for decorating Easter eggs and making food-inspired bouquets. | **PG**  +TKIT13-001+ |

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| 09:30 | **Cutthroat Kitchen: Chip Off The ol' Baklava (R)**  The chefs have to rummage through boxes, to get their cookware, in the first challenge. Later, kitchen tools are replaced with tortilla chips; and ingredients must be harvested out of a pot of honey. | **PG**  +CUTK05-008+ |

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| 10:30 | **Guy's Big Bite: Butter Makes It Better (R)**  Guy Fieri is in the kitchen with his mom, Penny Ferry, and they're cooking up a meal literally oozing with flavor! It's all about the crispy, juicy, buttery Chicken Kiev, Zucchini and Fennel Noodles. | **PG**  +GUBB19-004+ |

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| 11:00 | **The Kitchen: Spring Feast (R)**  Spring has sprung, and Marcela Valladolid celebrates by making a Savory Spring Roasted Rack of Lamb. Learn new and natural techniques for decorating Easter eggs and making food-inspired bouquets. | **PG**  +TKIT13-001+ |

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| 12:00 | **Giada At Home: Festive Desserts (R)**  Giada De Laurentiis makes delectable desserts that would be perfect for a fancy party. | **PG**  +GIHO07-011+ |

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| 12:30 | **Bizarre Foods With Andrew Zimmern: San Francisco (R)**  Curious about what happens to the thrown-out food from your favorite restaurants? Andrew gets a taste of some alternative food sources that may cause you to question your next meal. | **PG (A)**  +BIFO04-012+ |

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| 13:30 | **Chopped: Twins For The Win (R)**  Teams of twins face off in this competition, bringing twice the excitement to the kitchen! | **PG**  +CHPD29-012+ |

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| 14:30 | **Cutthroat Kitchen: Chip Off The ol' Baklava (R)**  The chefs have to rummage through boxes, to get their cookware, in the first challenge. Later, kitchen tools are replaced with tortilla chips; and ingredients must be harvested out of a pot of honey. | **PG**  +CUTK05-008+ |

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| 15:30 | **Guy's Big Bite: Red Red Risotto**  Guy Fieri uses his vegetable juicer for dishes you won't find at your local juice bar, like Beet Risotto with Pecorino, Fennel Citrus Salad and a Harvest Moon Cocktail with vodka, fresh apple juice. | **PG**  +GUBB19-005+ |

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| 16:00 | **Giada At Home: Restaurant Tips (R)**  Giada De Laurentiis gives tips on how to make restaurant-style dishes in your own kitchen. The dishes are easy, but impressive and delicious. | **PG**  +GIHO07-012+ |

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| 16:30 | **Ten Dollar Dinners: Appetizing Savings (R)**  Melissa d'Arabian makes a whole meal inspired by popular appetizers. Bowls of chilled White Gazpacho, Spicy Turkey Lollipops with a raspberry glaze and warm Blue Cheese Fondue. | **PG**  +TEDD07-001+ |

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| 17:00 | **Rachael Ray's Week In A Day: Star Ingredient**  Celebrate one of the world's most indispensable ingredients with an entire week's worth of garlic-charged dishes. | **PG**  +WIAD03-005+ |

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| 18:00 | **Anthony Bourdain: No Reservations: Emilia Romagna (R)**  Tony visits what is said to be the best food region in Italy. | **PG**  +NORE08-014+ |

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| 19:00 | **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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| 20:00 | **Iron Chef America: Garces vs. Becker NEW EPISODE**  Iron Chef Jose Garces faces off against Challenger Franklin Becker. | **PG**  +ICAM10-010+ |

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| 21:00 | **Iron Chef America: Zakarian vs. Schenker NEW EPISODE**  Iron Chef Geoffrey Zakarian faces off against chef Jesse Schenker. | **PG**  +ICAM10-011+ |

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| 22:00 | **Throwdown With Bobby Flay: Key Lime Pie NEW EPISODE**  Chef Bobby Flay better hope his Key Lime Pie won't be a lemon when he faces off against a dynamic duo. | **PG**  +TWBF09-010+ |

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| 22:30 | **Guy's Grocery Games: DDD Holiday Showdown (R)**  Guy Fieri has invited four members of his Triple D family to Flavortown for a Holiday Throwdown. | **PG**  +GUGG16-005+ |

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| 23:30 | **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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| 00:00 | **Queensland Weekender (R) ’CC’**  This week on Queensland Weekender, Bridget embarks on an adventure that takes in the best of the west. From stunning scenery and country hospitality, to a cracking outback festival. | **G**  +7QWE18-006+ |

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| 00:30 | **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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| 01:00 | **The Great Day Out (R) ’CC’**  Jill meets the inspiring Li Cunxin, better known as Mao's Last Dancer. Laurel tries her hand at the new sport of axe throwing. Plus, Commonwealth Games diver Dom Bedggood shares his Great Day Out. | **G**  +GDOT18-001+ |

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

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| 02:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-012+ |

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| 02:30 | **Home In WA**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-028+ |

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| 03:00 | **Queensland Weekender (R) ’CC’**  This week on Queensland Weekender, Bridget embarks on an adventure that takes in the best of the west. From stunning scenery and country hospitality, to a cracking outback festival. | **G**  +7QWE18-006+ |

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| 04:00 | **The Great Day Out (R) ’CC’**  Jill meets the inspiring Li Cunxin, better known as Mao's Last Dancer. Laurel tries her hand at the new sport of axe throwing. Plus, Commonwealth Games diver Dom Bedggood shares his Great Day Out. | **G**  +GDOT18-001+ |

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| 05:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-012+ |

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| 05:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-028+ |