**Sunday 28 July 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike flies high with iFly Down Under at Penrith Panthers. Teigan visits the Nepean River. Matt tries axe throwing in Penrith. Starring:ERICA DAVIS,FELICITY URQUHART,MIKE WHITNEY,TEIGAN NASH,MATT BASELEY | **G** +7SWE25-029+ |

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| 06:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-029+ |

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| 07:00 | **The Grill Dads: Frying Just Makes It Awesome (R)** The road trip continues as the Grill Dads search the country for classic comfort dishes fried up into surprising and incredible meals. | **PG** +GRIL01-002+ |

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| 07:30 | **Comfort Food Tour: Tex-Mex To The Max (R)** What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG** +CMFT02-002+ |

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| 08:00 | **Anh Does Vietnam (R) ’CC’** Anh Do returns to Vietnam to rediscover his birth land. He gives insight into modern day Vietnam, from local family life to incredible culinary delights and the best adventures Vietnam has to offer. | **PG** +ANDV-001+ |

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| 09:00 | **Beach Eats USA: Boardwalk Bites (R)** America's boardwalks are calling out to Curtis Stone and he heads to Venice Beach. Virginia Beach, and Key West to find the most delicious boardwalk bites. | **PG** +BEEA01-002+ |

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| 09:30 | **Iron Chef America: Garces Vs. Fukushima And Garcia (R)** Chef Katsuya Fukushima and Chef Ruben Garcia enter Kitchen Stadium to challenge Iron Chef Jose Garces. | **PG** +ICAM08-028+ |

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| 10:30 | **Iron Chef America: Symon Vs. Goldman** Duff Goldman from Food Network's Ace of Cakes takes on Iron Chef Michael Symon in a culinary showdown. | **PG** +ICAM08-029+ |

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| 11:30 | **Diners, Drive-Ins And Dives: College-Town Champs (R)** Guy Fieri's rolling into college towns in search of A+ cuisine. In Columbus, Ohio, a pierogi paradise dishin' out their specialties where you'd least expect it. | **PG** +DDID27-009+ |

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| 12:00 | **Diners, Drive-Ins And Dives: Breakfast, Brisket And Belly (R)** Guy Fieri is traveling the country on this trip, diggin' into all kinds of dishes. In Los Angeles, a late-night spot all about breakfast with a twist, like drunken French toast. | **PG** +DDID27-010+ |

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| 12:30 | **Anh Does Vietnam (R) ’CC’** Anh Do returns to Vietnam to rediscover his birth land. He gives insight into modern day Vietnam, from local family life to incredible culinary delights and the best adventures Vietnam has to offer. | **PG** +ANDV-001+ |

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| 13:30 | **Beach Eats USA: Boardwalk Bites (R)** America's boardwalks are calling out to Curtis Stone and he heads to Venice Beach. Virginia Beach, and Key West to find the most delicious boardwalk bites. | **PG** +BEEA01-002+ |

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| 14:00 | **The Grill Dads: Frying Just Makes It Awesome (R)** The road trip continues as the Grill Dads search the country for classic comfort dishes fried up into surprising and incredible meals. | **PG** +GRIL01-002+ |

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| 14:30 | **Comfort Food Tour: Tex-Mex To The Max (R)** What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG** +CMFT02-002+ |

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| 15:00 | **Diners, Drive-Ins And Dives: College-Town Champs (R)** Guy Fieri's rolling into college towns in search of A+ cuisine. In Columbus, Ohio, a pierogi paradise dishin' out their specialties where you'd least expect it. | **PG** +DDID27-009+ |

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| 15:30 | **Diners, Drive-Ins And Dives: Breakfast, Brisket And Belly (R)** Guy Fieri is traveling the country on this trip, diggin' into all kinds of dishes. In Los Angeles, a late-night spot all about breakfast with a twist, like drunken French toast. | **PG** +DDID27-010+ |

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| 16:00 | **Iron Chef America: Garces Vs. Fukushima And Garcia (R)** Chef Katsuya Fukushima and Chef Ruben Garcia enter Kitchen Stadium to challenge Iron Chef Jose Garces. | **PG** +ICAM08-028+ |

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| 17:00 | **Iron Chef America: Symon Vs. Goldman (R)** Duff Goldman from Food Network's Ace of Cakes takes on Iron Chef Michael Symon in a culinary showdown. | **PG** +ICAM08-029+ |

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

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| 19:00 | **Australia's Got Talent ’CC’** TBC  | +AGTA09-801+ |

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| 19:05 | **Ridiculous Cakes: Out Of This World (R)** It's a close encounter of the sweet kind when a bride and groom order an outer space-themed wedding cake.  | **PG** +RICA02-010+ |

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| 19:30 | **Cake Wars: Monopoly (R)** Who will pass "go" and collect $10,000 as Cake Wars celebrates the iconic board game, Monopoly? | **PG** +CAKW04-009+ |

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| 20:30 | **Ramsay's Hotel Hell: The Keating (R) ’CC’** Gordon Ramsay tries to save a landmark San Diego hotel. Starring:GORDON RAMSAY | **M (L)**+HELL01-002+ |

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| 21:30 | **Cupcake Wars: The Nutcracker NEW EPISODE**Four talented bakers compete to have their cupcakes at the opening night party for the New York City Ballet's performance of The Nutcracker. | **PG** +CUPW04-001+ |

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| 22:30 | **Cupcake Wars: The King Of Cupcakes (R)** A whole lotta shakin' will be going on in the kitchen as four cupcake makers fight for the chance to serve their cupcakes at an exclusive party in Memphis celebrating The King, Elvis Presley. | **PG** +CUPW07-009+ |

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| 23:30 | **Ridiculous Cakes: Out Of This World (R)** It's a close encounter of the sweet kind when a bride and groom order an outer space-themed wedding cake.  | **PG** +RICA02-010+ |

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| 00:00 | **Cake Wars: Monopoly (R)** Who will pass "go" and collect $10,000 as Cake Wars celebrates the iconic board game, Monopoly? | **PG** +CAKW04-009+ |

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| 01:00 | **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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| 01:30 | **Creek To Coast (R) ’CC’** Sammie is in the Valley of the Lakes, Luke and Cody are getting down and dirty on the Condamine River while Scotty has all the tips to keep you safe on the road when towing a caravan. | **G** +7CTC18-029+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Jess gets the low down on a new yoga craze. Courtney is trackside as we get set for the Channel Seven Brisbane Racing Carnival. Sofie enjoys Brisbane's top animal encounters. | **G** +GDOT18-008+ |

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

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike heads to Milton on the South Coast. Matt joins Merrick Watts for a day at Lake Parramatta. Rose goes to Antarctica. Starring:ERICA DAVIS,LIZZY LOVETTE,ROSE JACOBS,MIKE WHITNEY,MERRICK WATTS,MATT BASELEY | **G** +7SWE25-030+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-030+ |

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| 04:00 | **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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| 04:30 | **Creek To Coast (R) ’CC’** Sammie is in the Valley of the Lakes, Luke and Cody are getting down and dirty on the Condamine River while Scotty has all the tips to keep you safe on the road when towing a caravan. | **G** +7CTC18-029+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Jess gets the low down on a new yoga craze. Courtney is trackside as we get set for the Channel Seven Brisbane Racing Carnival. Sofie enjoys Brisbane's top animal encounters. | **G** +GDOT18-008+ |

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

 **Monday 29 July 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike heads to Milton on the South Coast. Matt joins Merrick Watts for a day at Lake Parramatta. Rose goes to Antarctica. Starring:ERICA DAVIS,LIZZY LOVETTE,ROSE JACOBS,MIKE WHITNEY,MERRICK WATTS,MATT BASELEY | **G** +7SWE25-030+ |

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| 06:30 | **Kid's Baking Championship: Pizza For Dessert (R)** The kids have to get creative to turn pizza into a sweet treat by creating dessert pizzas. | **PG** +KBAC04-002+ |

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| 07:30 | **Cake Wars: Monopoly (R)** Who will pass "go" and collect $10,000 as Cake Wars celebrates the iconic board game, Monopoly? | **PG** +CAKW04-009+ |

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| 08:30 | **Cupcake Wars: The Nutcracker (R)** Four talented bakers compete to have their cupcakes at the opening night party for the New York City Ballet's performance of The Nutcracker. | **PG** +CUPW04-001+ |

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| 09:30 | **Cupcake Wars: The King Of Cupcakes (R)** A whole lotta shakin' will be going on in the kitchen as four cupcake makers fight for the chance to serve their cupcakes at an exclusive party in Memphis celebrating The King, Elvis Presley. | **PG** +CUPW07-009+ |

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| 10:30 | **Better Homes And Gardens (R) ’CC’** Tara and Adam guide you through a bathroom makeover. Dr Harry meets Kevin, a surfing pug. Joh meets a family who is saving honeybees. Ed makes Chicken San Choi Bow.  | **G** +BHAG25-026+ |

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| 12:00 | **Cupcake Wars: The Nutcracker (R)** Four talented bakers compete to have their cupcakes at the opening night party for the New York City Ballet's performance of The Nutcracker. | **PG** +CUPW04-001+ |

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

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| 14:00 | **Kid's Baking Championship: Pizza For Dessert (R)** The kids have to get creative to turn pizza into a sweet treat by creating dessert pizzas. | **PG** +KBAC04-002+ |

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| 15:00 | **Ridiculous Cakes: Out Of This World (R)** It's a close encounter of the sweet kind when a bride and groom order an outer space-themed wedding cake.  | **PG** +RICA02-010+ |

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| 15:30 | **The Pioneer Woman: 16-Minute Meals: Summer (R)** Ree Drummond is cooking up four sensational, summery 16-minute meals. | **PG** +PIWO13-012+ |

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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** +HOWL03-023+ |

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| 17:00 | **Giada At Home: Gifts Galore (R)** The perfect way to thank a host or hostess is with a homemade treat. Giada De Laurentiis makes a handful of easy and delicious recipes that can be taken to any party. | **PG** +GIHO06-009+ |

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| 17:30 | **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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| 18:30 | **Chopped: Chopped Champions: Battle 1, Best Of The Best (R)** Returning winners, daunting baskets, killer pressure - it must be Chopped Champions! The five-part tournament kicks off with a stellar group of defending champs. | **PG** +CHPD28-001+ |

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| 19:30 | **Cake Wars: The Simpsons NEW EPISODE**Bakers compete to see whose creation is worthy to appear at a bash, in honor of The Simpsons. | **PG** +CAKW01-001+ |

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| 20:30 | **Hell's Kitchen USA NEW EPISODE**World renowned chef Gordon Ramsay puts aspiring young chefs through rigorous cooking challenges and dinner services at his restaurant in Hollywood. | **MA (L)**+HEKI14-005+ |

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| 21:30 | **Hell's Kitchen USA NEW EPISODE**World renowned chef Gordon Ramsay puts aspiring young chefs through rigorous cooking challenges and dinner services at his restaurant in Hollywood. | **MA (L)**+HEKI14-006+ |

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| 22:30 | **Ramsay's Kitchen Nightmares USA: Nino's (R) ’CC’** Chef Ramsay heads to Long Beach, CA, to help an Italian restaurant through a transition of new owners. Starring:GORDON RAMSAY | **M (L)**+KNUS06-010+ |

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| 23:30 | **Chopped: Chopped Champions: Battle 1, Best Of The Best (R)** Returning winners, daunting baskets, killer pressure - it must be Chopped Champions! The five-part tournament kicks off with a stellar group of defending champs. | **PG** +CHPD28-001+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-031+ |

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| 01:00 | **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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| 01:30 | **Creek To Coast (R) ’CC’** Ever dreamt of getting away from it all, Trip In A Van show you how. Sally shares three delicious oyster recipes and Scott has tips for fishing with soft plastics. | **G** +7CTC18-030+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Alastair digs deep and meets some passionate Toowoomba farmers. Sofie heads to the Great Barrier Reef. Damien gets the scoop on the new GOMA exhibition while Laurel uncovers some recycled gems. | **G** +GDOT18-009+ |

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

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike checks out the highlights of the Hawkesbury region. Fliss enjoys the marvels of Mulgoa. Lea is in explorer mode in the Blue Mountains. Rose uncovers two dining destinations in the Blue Mountains. Starring:ERICA DAVIS,FELICITY URQUHART,ROSE JACKSON,MIKE WHITNEY,LEA WILSON | **G** +7SWE25-031+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-031+ |

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| 04:00 | **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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| 04:30 | **Creek To Coast (R) ’CC’** Ever dreamt of getting away from it all, Trip In A Van show you how. Sally shares three delicious oyster recipes and Scott has tips for fishing with soft plastics. | **G** +7CTC18-030+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Alastair digs deep and meets some passionate Toowoomba farmers. Sofie heads to the Great Barrier Reef. Damien gets the scoop on the new GOMA exhibition while Laurel uncovers some recycled gems. | **G** +GDOT18-009+ |

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

 **Tuesday 30 July 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike checks out the highlights of the Hawkesbury region. Fliss enjoys the marvels of Mulgoa. Lea is in explorer mode in the Blue Mountains. Rose uncovers two dining destinations in the Blue Mountains. Starring:ERICA DAVIS,FELICITY URQUHART,ROSE JACKSON,MIKE WHITNEY,LEA WILSON | **G** +7SWE25-031+ |

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| 06:30 | **Throwdown With Bobby Flay: Salmon Chowder (R)** Written up continuously in Seattle's "Best of" categories, these chefs are confident in the kitchen but what will happen when Chef Bobby Flay shows up to Throwdown his own version of Salmon Chowder? | **PG** +TWBF09-004+ |

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| 07:00 | **The Pioneer Woman: 16-Minute Meals: Summer (R)** Ree Drummond is cooking up four sensational, summery 16-minute meals. | **PG** +PIWO13-012+ |

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| 07:30 | **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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| 08:30 | **My Greek Odyssey (R) ’CC’** After seeing the sites of Monemvaisa, Peter continues on to Elafonisos, before venturing to the island of Kythira. | **PG** +MYGO01-006+ |

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| 09:30 | **Giada At Home: Gifts Galore (R)** The perfect way to thank a host or hostess is with a homemade treat. Giada De Laurentiis makes a handful of easy and delicious recipes that can be taken to any party. | **PG** +GIHO06-009+ |

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| 10:00 | **The Pioneer Woman: 16-Minute Meals: Summer (R)** Ree Drummond is cooking up four sensational, summery 16-minute meals. | **PG** +PIWO13-012+ |

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| 10:30 | **Throwdown With Bobby Flay: Salmon Chowder (R)** Written up continuously in Seattle's "Best of" categories, these chefs are confident in the kitchen but what will happen when Chef Bobby Flay shows up to Throwdown his own version of Salmon Chowder? | **PG** +TWBF09-004+ |

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| 11:00 | **My Greek Odyssey (R) ’CC’** After seeing the sites of Monemvaisa, Peter continues on to Elafonisos, before venturing to the island of Kythira. | **PG** +MYGO01-006+ |

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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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| 13:00 | **Chopped: Chopped Champions: Battle 1, Best Of The Best (R)** Returning winners, daunting baskets, killer pressure - it must be Chopped Champions! The five-part tournament kicks off with a stellar group of defending champs. | **PG** +CHPD28-001+ |

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| 14:00 | **Giada At Home: Gifts Galore (R)** The perfect way to thank a host or hostess is with a homemade treat. Giada De Laurentiis makes a handful of easy and delicious recipes that can be taken to any party. | **PG** +GIHO06-009+ |

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| 14:30 | **My Greek Odyssey (R) ’CC’** After seeing the sites of Monemvaisa, Peter continues on to Elafonisos, before venturing to the island of Kythira. | **PG** +MYGO01-006+ |

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| 15:30 | **Cake Wars: The Simpsons (R)** Bakers compete to see whose creation is worthy to appear at a bash, in honor of The Simpsons. | **PG** +CAKW01-001+ |

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| 16:30 | **The Pioneer Woman: Chicken, Chicken, Chicken (R)** Ree Drummond is cooking up a storm with chicken, chicken and more chicken. She demonstrates the benefits of bulk buying with three fantastic dishes. | **PG** +PIWO13-013+ |

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| 17:00 | **Giada At Home: Christmas Brunch (R)** Nothing is better on Christmas morning than an amazing festive brunch. Giada De Laurentiis and her Aunt Raffy create a menu that's savory, sweet and sure to please this holiday season. | **PG** +GIHO06-010+ |

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| 17:30 | **Guy's Grocery Games: GGG International All Stars (R)** It's an international culinary showdown when four returning GGG chefs representing Latin, French, Italian and Korean cuisines battle it out to see who will take home the title. | **PG** +GUGG16-007+ |

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| 18:30 | **Chopped: Chopped Champions: Battle 2, Fighting Shape (R)** A lively group of returning winners are revved up for more Chopped Champions drama and excitement, but when the first basket features deceptively simple sausage and cabbage, will they choke or shine? | **PG** +CHPD28-002+ |

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| 19:30 | **Mystery Diners: Secondhand Scam (R)** Luca, owner of Riemma Kitchen Warehouse, asks Charles Stiles for help after his customers find food inside the factory-sealed appliances they just purchased. Mystery Diner Jamie goes undercover. | **PG (L,A)**+MYSD11-004+ |

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| 20:00 | **Mystery Diners: Unhappy Holidays (R)** Nirav, owner of Smokin' Barrel in Hoboken, N.J., contacts Charles Stiles to investigate after noticing a decline in sales every holiday season. Mystery Diners Dennis and Jamie go undercover. | **PG (L,A)**+MYSD11-005+ |

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| 20:30 | **Restaurant: Impossible: Pizza: Impossible (R)** The food at Mama Della's N.Y. City Pizzeria in Baton Rouge, La., is great, but stubborn owner Barry is the biggest obstacle to his restaurant's success. | **PG** +RIMP08-004+ |

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| 21:30 | **Restaurant: Impossible: Ungratifying (R)** Chef Robert Irvine is in Houston, Texas, for his latest mission, to help turn around Kevin's restaurant, gratifying kitchen and bar. | **PG** +RIMP08-005+ |

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| 22:30 | **Mystery Diners: Secondhand Scam (R)** Luca, owner of Riemma Kitchen Warehouse, asks Charles Stiles for help after his customers find food inside the factory-sealed appliances they just purchased. Mystery Diner Jamie goes undercover. | **PG (L,A)**+MYSD11-004+ |

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| 23:30 | **Chopped: Chopped Champions: Battle 2, Fighting Shape (R)** A lively group of returning winners are revved up for more Chopped Champions drama and excitement, but when the first basket features deceptively simple sausage and cabbage, will they choke or shine? | **PG** +CHPD28-002+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-032+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Victoria is on a driving holiday along The Great Dividing Range. | **G** +7QWE18-004+ |

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| 01:30 | **Creek To Coast (R) ’CC’** It is flattie season, which means Scotty is fishing. Roger is doing his part for drought relief. Olivia helps get your tackle box looking tip top and Andrew adds his own twist to coconut prawns. | **G** +7CTC18-031+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Alastair gets a taste of the south east's newest night markets, Nathan Spurling shares his Great Day Out, Jess learns the ins and outs of silversmithing and Sofie is back in paradise. | **G** +GDOT18-010+ |

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| 02:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-021+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike goes to Cowra to preview the Cherry Blossom Festival. Jack checks out The Sausage Factory in Dulwich Hill. Lizzy heads to Broken Hill and Silverton. Starring:JACK YABSLEY,ERICA DAVIS,LIZZY LOVETTE,SALLY STANTON,MIKE WHITNEY | **G** +7SWE25-032+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-032+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Victoria is on a driving holiday along The Great Dividing Range. | **G** +7QWE18-004+ |

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| 04:30 | **Creek To Coast (R) ’CC’** It is flattie season, which means Scotty is fishing. Roger is doing his part for drought relief. Olivia helps get your tackle box looking tip top and Andrew adds his own twist to coconut prawns. | **G** +7CTC18-031+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Alastair gets a taste of the south east's newest night markets, Nathan Spurling shares his Great Day Out, Jess learns the ins and outs of silversmithing and Sofie is back in paradise. | **G** +GDOT18-010+ |

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| 05:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-021+ |

 **Wednesday 31 July 2019**

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| 06:00 | **Restaurant: Impossible: Pizza: Impossible (R)** The food at Mama Della's N.Y. City Pizzeria in Baton Rouge, La., is great, but stubborn owner Barry is the biggest obstacle to his restaurant's success. | **PG** +RIMP08-004+ |

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| 07:00 | **The Pioneer Woman: Chicken, Chicken, Chicken (R)** Ree Drummond is cooking up a storm with chicken, chicken and more chicken. She demonstrates the benefits of bulk buying with three fantastic dishes. | **PG** +PIWO13-013+ |

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| 07:30 | **Guy's Grocery Games: GGG International All Stars (R)** It's an international culinary showdown when four returning GGG chefs representing Latin, French, Italian and Korean cuisines battle it out to see who will take home the title. | **PG** +GUGG16-007+ |

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| 08:30 | **Mystery Diners: Secondhand Scam (R)** Luca, owner of Riemma Kitchen Warehouse, asks Charles Stiles for help after his customers find food inside the factory-sealed appliances they just purchased. Mystery Diner Jamie goes undercover. | **PG (L,A)**+MYSD11-004+ |

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| 09:00 | **Mystery Diners: Unhappy Holidays (R)** Nirav, owner of Smokin' Barrel in Hoboken, N.J., contacts Charles Stiles to investigate after noticing a decline in sales every holiday season. Mystery Diners Dennis and Jamie go undercover. | **PG (L,A)**+MYSD11-005+ |

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| 09:30 | **Giada At Home: Christmas Brunch (R)** Nothing is better on Christmas morning than an amazing festive brunch. Giada De Laurentiis and her Aunt Raffy create a menu that's savory, sweet and sure to please this holiday season. | **PG** +GIHO06-010+ |

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| 10:00 | **The Pioneer Woman: Chicken, Chicken, Chicken (R)** Ree Drummond is cooking up a storm with chicken, chicken and more chicken. She demonstrates the benefits of bulk buying with three fantastic dishes. | **PG** +PIWO13-013+ |

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| 10:30 | **Throwdown With Bobby Flay: Mini Cupcakes (R)** William "Chip" Brown was ahead of the curve when he opened Big Man Bakes. What will happen when chef Bobby Flay brings his best mini's west to put them to the test against LA's sweetest tastemaker?  | **PG** +TWBF09-005+ |

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| 11:00 | **Restaurant: Impossible: Ungratifying (R)** Chef Robert Irvine is in Houston, Texas, for his latest mission, to help turn around Kevin's restaurant, gratifying kitchen and bar. | **PG** +RIMP08-005+ |

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| 12:00 | **Guy's Grocery Games: GGG International All Stars (R)** It's an international culinary showdown when four returning GGG chefs representing Latin, French, Italian and Korean cuisines battle it out to see who will take home the title. | **PG** +GUGG16-007+ |

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| 13:00 | **Chopped: Chopped Champions: Battle 2, Fighting Shape (R)** A lively group of returning winners are revved up for more Chopped Champions drama and excitement, but when the first basket features deceptively simple sausage and cabbage, will they choke or shine? | **PG** +CHPD28-002+ |

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| 14:00 | **Giada At Home: Christmas Brunch (R)** Nothing is better on Christmas morning than an amazing festive brunch. Giada De Laurentiis and her Aunt Raffy create a menu that's savory, sweet and sure to please this holiday season. | **PG** +GIHO06-010+ |

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| 14:30 | **Restaurant: Impossible: Pizza: Impossible (R)** The food at Mama Della's N.Y. City Pizzeria in Baton Rouge, La., is great, but stubborn owner Barry is the biggest obstacle to his restaurant's success. | **PG** +RIMP08-004+ |

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| 15:30 | **Restaurant: Impossible: Ungratifying (R)** Chef Robert Irvine is in Houston, Texas, for his latest mission, to help turn around Kevin's restaurant, gratifying kitchen and bar. | **PG** +RIMP08-005+ |

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| 16:30 | **Baked In Vermont: Make Ahead, Bake Ahead (R)** Gesine Prado is sharing her tips and tricks for stocking a freezer full of baked goodies ready to go in a pinch. | **PG** +BAVE02-001+ |

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| 17:00 | **Giada At Home: Healthy And Hearty (R)** Giada De Laurentiis creates meals that feature vegetables as the main dish with hearty and colourful dishes. | **PG** +GIHO06-011+ |

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| 17:30 | **Guy's Grocery Games: Flavortown Honors Firefighters (R)** Four firefighter chefs put their culinary chops to the test in a night of competitive camaraderie. | **PG** +GUGG16-008+ |

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| 18:30 | **Chopped: Chopped Champions: Battle 3, Chefs In Control (R)** Four returning champs are ready to give it all they've got, and in the appetizer round, they must endure a hard-to-melt candy and a difficult-to-prep veggie. | **PG** +CHPD28-003+ |

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| 19:30 | **Restaurant: Impossible: Saving Grace (R)** Grace and Eddie invested their savings and borrowed money to open up Grace's Place Bagels and Deli in Palm Coast. Two years and $320,000 in debt later, Chef Robert Irvine is their last hope. | **PG** +RIMP08-012+ |

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| 20:30 | **The Grill Dads: Mornings Are Better With Treats NEW EPISODE**The Grill Dads are on the hunt for over-the-top, incredible breakfast creations. | **PG** +GRIL01-003+ |

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| 21:00 | **Comfort Food Tour: More Cheese, Please NEW EPISODE**What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG** +CMFT02-003+ |

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| 21:30 | **Carnival Cravings With Anthony Anderson: Deep-Fried Rockies NEW EPISODE**Anthony Anderson heads to heart of the Rockies for some mountain-sized carnival fun at Parker Days in Parker, Colo. | **PG** +CRAV01-003+ |

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| 22:00 | **Carnival Kings: It's Nacho Business, Dude NEW EPISODE**Fearless Chef Richie Farina takes on Nate Janousek of Texas Steak Out and his deep-fried carnival twist on nachos supreme. | **PG** +CKIN01-003+ |

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| 22:30 | **Diners, Drive-Ins and Dives: Aces Of Authenticity (R)** Guy Fieri's hittin' up some joints that are authentic to the bone. | **PG** +DDID18-005+ |

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| 23:00 | **Diners, Drive-Ins and Dives: Sammies And Stew (R)** Guy Fieri's diggin' into some super sandwiches and savoury stew. | **PG** +DDID18-006+ |

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| 23:30 | **Restaurant: Impossible: Saving Grace (R)** Grace and Eddie invested their savings and borrowed money to open up Grace's Place Bagels and Deli in Palm Coast. Two years and $320,000 in debt later, Chef Robert Irvine is their last hope. | **PG** +RIMP08-012+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-033+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** 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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| 01:30 | **Creek To Coast (R) ’CC’** Scotty is on the road on a 360-kilometre trip and it is all about 'B'. He is travelling from Brisbane to Bundaberg, checking out the beaches, Bundy and beautiful places. | **G** +7CTC18-032+ |

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

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| 02:30 | **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’** 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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| 04:30 | **Creek To Coast (R) ’CC’** Scotty is on the road on a 360-kilometre trip and it is all about 'B'. He is travelling from Brisbane to Bundaberg, checking out the beaches, Bundy and beautiful places. | **G** +7CTC18-032+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Jess is island bound, on a new Stradbroke daytrip from Brisbane. While, Jill meets an icon in nature photography, Steve Parish. | **G** +GDOT18-011+ |

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| 05:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-022+ |

 **Thursday 01 August 2019**

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| 06:00 | **Carnival Cravings With Anthony Anderson: Deep-Fried Rockies (R)** Anthony Anderson heads to heart of the Rockies for some mountain-sized carnival fun at Parker Days in Parker, Colo. | **PG** +CRAV01-003+ |

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| 06:30 | **Carnival Kings: It's Nacho Business, Dude (R)** Fearless Chef Richie Farina takes on Nate Janousek of Texas Steak Out and his deep-fried carnival twist on nachos supreme. | **PG** +CKIN01-003+ |

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| 07:00 | **Baked In Vermont: Make Ahead, Bake Ahead (R)** Gesine Prado is sharing her tips and tricks for stocking a freezer full of baked goodies ready to go in a pinch. | **PG** +BAVE02-001+ |

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| 07:30 | **Guy's Grocery Games: Flavortown Honors Firefighters (R)** Four firefighter chefs put their culinary chops to the test in a night of competitive camaraderie. | **PG** +GUGG16-008+ |

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| 08:30 | **The Grill Dads: Mornings Are Better With Treats (R)** The Grill Dads are on the hunt for over-the-top, incredible breakfast creations. | **PG** +GRIL01-003+ |

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| 09:00 | **Comfort Food Tour: More Cheese, Please (R)** What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG** +CMFT02-003+ |

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| 09:30 | **Giada At Home: Healthy And Hearty (R)** Giada De Laurentiis creates meals that feature vegetables as the main dish with hearty and colourful dishes. | **PG** +GIHO06-011+ |

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| 10:00 | **Baked In Vermont: Make Ahead, Bake Ahead (R)** Gesine Prado is sharing her tips and tricks for stocking a freezer full of baked goodies ready to go in a pinch. | **PG** +BAVE02-001+ |

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| 10:30 | **Throwdown With Bobby Flay: Moussaka (R)** Will Bobby's Moussaka be a match worthy of a throwdown or will this turn into a Greek tragedy? Only one way to find out - tune in for another amazing throwdown. | **PG** +TWBF09-006+ |

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| 11:00 | **Carnival Cravings With Anthony Anderson: Deep-Fried Rockies (R)** Anthony Anderson heads to heart of the Rockies for some mountain-sized carnival fun at Parker Days in Parker, Colo. | **PG** +CRAV01-003+ |

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| 11:30 | **Carnival Kings: It's Nacho Business, Dude (R)** Fearless Chef Richie Farina takes on Nate Janousek of Texas Steak Out and his deep-fried carnival twist on nachos supreme. | **PG** +CKIN01-003+ |

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| 12:00 | **Guy's Grocery Games: Flavortown Honors Firefighters (R)** Four firefighter chefs put their culinary chops to the test in a night of competitive camaraderie. | **PG** +GUGG16-008+ |

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| 13:00 | **Chopped: Chopped Champions: Battle 3, Chefs In Control (R)** Four returning champs are ready to give it all they've got, and in the appetizer round, they must endure a hard-to-melt candy and a difficult-to-prep veggie. | **PG** +CHPD28-003+ |

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| 14:00 | **Giada At Home: Healthy And Hearty (R)** Giada De Laurentiis creates meals that feature vegetables as the main dish with hearty and colourful dishes. | **PG** +GIHO06-011+ |

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| 14:30 | **The Grill Dads: Mornings Are Better With Treats (R)** The Grill Dads are on the hunt for over-the-top, incredible breakfast creations. | **PG** +GRIL01-003+ |

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| 15:00 | **Comfort Food Tour: More Cheese, Please (R)** What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG** +CMFT02-003+ |

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| 15:30 | **Restaurant: Impossible: Saving Grace (R)** Grace and Eddie invested their savings and borrowed money to open up Grace's Place Bagels and Deli in Palm Coast. Two years and $320,000 in debt later, Chef Robert Irvine is their last hope. | **PG** +RIMP08-012+ |

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| 16:30 | **Baked In Vermont: Ice Ice Baby (R)** Gesine Prado and her husband, Ray, are celebrating the end of their first season on the local curling team by inviting the whole gang over for a party. | **PG** +BAVE02-002+ |

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| 17:00 | **Giada At Home: Easy Italian (R)** Giada De Laurentiis creates four tasty Italian dishes made with inexpensive ingredients like Cannellini Bean and Sausage Stew. | **PG** +GIHO06-012+ |

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| 17:30 | **Guy's Grocery Games: Sweet And Savory Duos (R)** Guy Fieri invites three teams of sweet and savoury duos to put their chemistry to the test. | **PG** +GUGG16-009+ |

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| 18:30 | **Chopped: Chopped Champions: Battle 4, Kitchen Storm (R)** Geared up for killer cooking and serious drama, a husband and wife are among the returning champs for the fourth round of Chopped Champions. | **PG** +CHPD28-004+ |

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| 19:30 | **Ramsay's Kitchen Nightmares USA: Mama Maria (R) ’CC’** Chef Ramsay heads to Brooklyn, New York, to save a 55-year-old restaurant that has fallen to the wayside after the death of its owner's father. Starring:GORDON RAMSAY | **M (L)**+KNUS06-003+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: La Parra (R) ’CC’** Gordon travels to Spain in his attempt to save La Parra Restaurant, run by a twenty-six-year-old former nightclub manager. | **MA (L)**+RAKN03-001+ |

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| 21:30 | **Ramsay's Kitchen Nightmares: The Fenwick Arms (R) ’CC’** Gordon tackles The Fenwick Arms pub in rural Lancashire. The pub is run by a landlord who, after thirty years in the business and a quadruple heart-bypass, still puts in 120 hours a week. | **MA (L)**+RAKN03-002+ |

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| 22:30 | **Ramsay's Kitchen Nightmares USA: Mill Street Bistro - Part 1 (R) ’CC’** Chef Gordon Ramsay travels to Norwalk, OH, to visit Mill Street Bistro in the first part of a special two-part episode. Starring:GORDON RAMSAY | **M (L)**+KNUS06-011+ |

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| 23:30 | **Chopped: Chopped Champions: Battle 4, Kitchen Storm (R)** Geared up for killer cooking and serious drama, a husband and wife are among the returning champs for the fourth round of Chopped Champions. | **PG** +CHPD28-004+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-034+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** 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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| 01:30 | **Creek To Coast (R) ’CC’** Sally has tips for buying a boat and where to take it this summer. Olivia has another hack for you while Andrew is cooking up an easy and tasty coconut curry. | **G** +7CTC18-033+ |

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| 02:00 | **The Great Day Out (R) ’CC’** Laurel meets the women behind an exotic Brisbane marketplace, Jill's got the need for speed, and Alastair and Sofie have Ipswich and Toowoomba's dining scenes covered. | **G** +GDOT18-012+ |

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| 02:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-023+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike visits Sierra Escape in Mudgee. Lea explores the vineyards of Orange. Matt gets the rundown on Seven's new show 'All Together Now' from some of the judges. Starring:ERICA DAVIS,LEA WILSON,MEL SYMONS,MIKE WHITNEY,MATT BASELEY | **G** +7SWE25-034+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-034+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** 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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| 04:30 | **Creek To Coast (R) ’CC’** Sally has tips for buying a boat and where to take it this summer. Olivia has another hack for you while Andrew is cooking up an easy and tasty coconut curry. | **G** +7CTC18-033+ |

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| 05:00 | **The Great Day Out (R) ’CC’** Laurel meets the women behind an exotic Brisbane marketplace, Jill's got the need for speed, and Alastair and Sofie have Ipswich and Toowoomba's dining scenes covered. | **G** +GDOT18-012+ |

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| 05:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-023+ |

 **Friday 02 August 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike visits Sierra Escape in Mudgee. Lea explores the vineyards of Orange. Matt gets the rundown on Seven's new show 'All Together Now' from some of the judges. Starring:ERICA DAVIS,LEA WILSON,MEL SYMONS,MIKE WHITNEY,MATT BASELEY | **G** +7SWE25-034+ |

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| 06:30 | **Throwdown With Bobby Flay: Moussaka (R)** Will Bobby's Moussaka be a match worthy of a throwdown or will this turn into a Greek tragedy? Only one way to find out - tune in for another amazing throwdown. | **PG** +TWBF09-006+ |

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| 07:00 | **Baked In Vermont: Ice Ice Baby (R)** Gesine Prado and her husband, Ray, are celebrating the end of their first season on the local curling team by inviting the whole gang over for a party. | **PG** +BAVE02-002+ |

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| 07:30 | **Guy's Grocery Games: Sweet And Savory Duos (R)** Guy Fieri invites three teams of sweet and savoury duos to put their chemistry to the test. | **PG** +GUGG16-009+ |

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| 08:30 | **Rachael Ray's Week In A Day: Prepare Yourself (R)** Use one recipe to get a head start on a week's worth of food. | **PG** +WIAD03-002+ |

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| 09:30 | **Giada At Home: Easy Italian (R)** Giada De Laurentiis creates four tasty Italian dishes made with inexpensive ingredients like Cannellini Bean and Sausage Stew. | **PG** +GIHO06-012+ |

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| 10:00 | **Baked In Vermont: Ice Ice Baby (R)** Gesine Prado and her husband, Ray, are celebrating the end of their first season on the local curling team by inviting the whole gang over for a party. | **PG** +BAVE02-002+ |

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| 10:30 | **Throwdown With Bobby Flay: Grinders (R)** Peter McAndrews puts his famous "Paesano" grinder up against Bobby Flay in a 15-round championship throwdown. Will Bobby's Italian grinder go the distance? | **PG** +TWBF09-007+ |

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| 11:00 | **Rachael Ray's Week In A Day: Prepare Yourself (R)** Use one recipe to get a head start on a week's worth of food. | **PG** +WIAD03-002+ |

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| 12:00 | **Guy's Grocery Games: Sweet And Savory Duos (R)** Guy Fieri invites three teams of sweet and savoury duos to put their chemistry to the test. | **PG** +GUGG16-009+ |

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| 13:00 | **Chopped: Chopped Champions: Battle 4, Kitchen Storm (R)** Geared up for killer cooking and serious drama, a husband and wife are among the returning champs for the fourth round of Chopped Champions. | **PG** +CHPD28-004+ |

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| 14:00 | **Giada At Home: Easy Italian (R)** Giada De Laurentiis creates four tasty Italian dishes made with inexpensive ingredients like Cannellini Bean and Sausage Stew. | **PG** +GIHO06-012+ |

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| 14:30 | **Rachael Ray's Week In A Day: Prepare Yourself (R)** Use one recipe to get a head start on a week's worth of food. | **PG** +WIAD03-002+ |

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| 15:30 | **Baked In Vermont: Vermont Tree Juice (R)** Late spring in Vermont can only mean one thing - maple syrup. Gesine Prado is baking up a big brunch with what remains of last season's maple syrup harvest. | **PG** +BAVE02-003+ |

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| 16:00 | **Throwdown With Bobby Flay: Moussaka (R)** Will Bobby's Moussaka be a match worthy of a throwdown or will this turn into a Greek tragedy? Only one way to find out - tune in for another amazing throwdown. | **PG** +TWBF09-006+ |

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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** +HOWL03-023+ |

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| 17:30 | **Guy's Grocery Games: GGG Judges And Their Spouses (R)** Three of GGG's most beloved judges bring their significant others to Flavortown for some friendly competition. | **PG** +GUGG16-010+ |

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| 18:30 | **Chopped: Chopped Champions: Battle 5, $50,000 Pay Day (R)** It's the $50,000 grand finale and one of the returning champs is destined to win the grand prize and considerable bragging rights! | **PG** +CHPD28-005+ |

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| 19:30 | **Bizarre Foods With Andrew Zimmern: Montreal (R)** Duck livers and horse heart tartare may not say Montreal, but that's what's on the menu when Andrew makes a visit to this multi-cultural city. | **PG (A)**+BIFO04-011+ |

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| 20:30 | **Mystery Diners: Deli Drama (R)** Fearing that his new baker is taking artistic license with customer cake orders, Lenny, owner of Lenny's Deli in Los Angeles, asks Charles Stiles to investigate.  | **PG** +MYSD09-001+ |

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| 21:00 | **Mystery Diners: Bowling For Dollars (R)** After hearing complaints about rowdy customers, Bryan, owner of Corbin Bowling Center in Tarzana, Calif., contacts Charles Stiles for help. Mystery Diners Eliot and Kendall go undercover. | **PG** +MYSD09-002+ |

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| 21:30 | **Cutthroat Kitchen: Thanks, But No Thanksgiving (R)** The competing chefs face challenges, with a Thanksgiving twist. Included: cooking vessels are taken away; cooking takes place in nuts; and a turkey float is paraded through the kitchen. | **PG** +CUTK05-005+ |

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| 22:30 | **Carnival Cravings With Anthony Anderson: Deep-Fried Rockies (R)** Anthony Anderson heads to heart of the Rockies for some mountain-sized carnival fun at Parker Days in Parker, Colo. | **PG** +CRAV01-003+ |

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| 23:00 | **Carnival Kings: It's Nacho Business, Dude (R)** Fearless Chef Richie Farina takes on Nate Janousek of Texas Steak Out and his deep-fried carnival twist on nachos supreme. | **PG** +CKIN01-003+ |

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| 23:30 | **Mystery Diners: Deli Drama (R)** Fearing that his new baker is taking artistic license with customer cake orders, Lenny, owner of Lenny's Deli in Los Angeles, asks Charles Stiles to investigate.  | **PG** +MYSD09-001+ |

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| 00:00 | **Mystery Diners: Bowling For Dollars (R)** After hearing complaints about rowdy customers, Bryan, owner of Corbin Bowling Center in Tarzana, Calif., contacts Charles Stiles for help. Mystery Diners Eliot and Kendall go undercover. | **PG** +MYSD09-002+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-035+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Lee discovers Fraser Island's beauty spots in just one day. Plus, Liz learns about the farming behind the food we eat. | **G** +7QWE18-007+ |

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| 01:30 | **Creek To Coast (R) ’CC’** Scotty and Olivia are off to Vanuatu for great fishing and great adventures. They fish the crystal blue waters, explore a cultural village and get to know the beautiful people of Vanuatu. | **G** +7CTC18-034+ |

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| 02:00 | **The Great Day Out (R) ’CC’** This week, on the Great Day Out, we've got the coasts covered. Curtis McGrath seeks after dark spooky thrills in Surfers Paradise and Nathan Spurling indulges in the Sunny Coast's over-the-top treats. | **G** +GDOT18-013+ |

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| 02:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-024+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike visits the South Coast, and goes on a kayak trip with Total Eco Adventures. Fliss goes to Tilba for an insight into indigenous culture. Mel is in the Murrumbateman for a weekend of exploring. Starring:ERICA DAVIS,FELICITY URQUHART,SALLY STANTON,MEL SYMONS,MIKE WHITNEY | **G** +7SWE25-035+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-035+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Lee discovers Fraser Island's beauty spots in just one day. Plus, Liz learns about the farming behind the food we eat. | **G** +7QWE18-007+ |

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| 04:30 | **Creek To Coast (R) ’CC’** Scotty and Olivia are off to Vanuatu for great fishing and great adventures. They fish the crystal blue waters, explore a cultural village and get to know the beautiful people of Vanuatu. | **G** +7CTC18-034+ |

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| 05:00 | **The Great Day Out (R) ’CC’** This week, on the Great Day Out, we've got the coasts covered. Curtis McGrath seeks after dark spooky thrills in Surfers Paradise and Nathan Spurling indulges in the Sunny Coast's over-the-top treats. | **G** +GDOT18-013+ |

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| 05:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-024+ |

 **Saturday 03 August 2019**

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| 06:00 | **Better Homes And Gardens (R) ’CC’** Tara and Adam guide you through a bathroom makeover. Dr Harry meets Kevin, a surfing pug. Joh meets a family who is saving honeybees. Ed makes Chicken San Choi Bow.  | **G** +BHAG25-026+ |

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| 07:30 | **Baked In Vermont: Vermont Tree Juice (R)** Late spring in Vermont can only mean one thing - maple syrup. Gesine Prado is baking up a big brunch with what remains of last season's maple syrup harvest. | **PG** +BAVE02-003+ |

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| 08:00 | **Throwdown With Bobby Flay: Grinders (R)** Peter McAndrews puts his famous "Paesano" grinder up against Bobby Flay in a 15-round championship throwdown. Will Bobby's Italian grinder go the distance? | **PG** +TWBF09-007+ |

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| 08:30 | **Guy's Grocery Games: GGG Judges And Their Spouses (R)** Three of GGG's most beloved judges bring their significant others to Flavortown for some friendly competition. | **PG** +GUGG16-010+ |

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| 09:30 | **Baked In Vermont: Vermont Tree Juice (R)** Late spring in Vermont can only mean one thing - maple syrup. Gesine Prado is baking up a big brunch with what remains of last season's maple syrup harvest. | **PG** +BAVE02-003+ |

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| 10:00 | **Cutthroat Kitchen: Thanks, But No Thanksgiving (R)** The competing chefs face challenges, with a Thanksgiving twist. Included: cooking vessels are taken away; cooking takes place in nuts; and a turkey float is paraded through the kitchen. | **PG** +CUTK05-005+ |

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| 11:00 | **Bizarre Foods With Andrew Zimmern: Montreal (R)** Duck livers and horse heart tartare may not say Montreal, but that's what's on the menu when Andrew makes a visit to this multi-cultural city. | **PG (A)**+BIFO04-011+ |

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| 12:00 | **Chopped: Chopped Champions: Battle 5, $50,000 Pay Day (R)** It's the $50,000 grand finale and one of the returning champs is destined to win the grand prize and considerable bragging rights! | **PG** +CHPD28-005+ |

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| 13:00 | **Cutthroat Kitchen: Thanks, But No Thanksgiving (R)** The competing chefs face challenges, with a Thanksgiving twist. Included: cooking vessels are taken away; cooking takes place in nuts; and a turkey float is paraded through the kitchen. | **PG** +CUTK05-005+ |

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| 14:00 | **Carnival Cravings With Anthony Anderson: Deep-Fried Rockies (R)** Anthony Anderson heads to heart of the Rockies for some mountain-sized carnival fun at Parker Days in Parker, Colo. | **PG** +CRAV01-003+ |

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| 14:30 | **Carnival Kings: It's Nacho Business, Dude (R)** Fearless Chef Richie Farina takes on Nate Janousek of Texas Steak Out and his deep-fried carnival twist on nachos supreme. | **PG** +CKIN01-003+ |

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| 15:00 | **Guy's Grocery Games: GGG Judges And Their Spouses (R)** Three of GGG's most beloved judges bring their significant others to Flavortown for some friendly competition. | **PG** +GUGG16-010+ |

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| 16:00 | **Bizarre Foods With Andrew Zimmern: Montreal (R)** Duck livers and horse heart tartare may not say Montreal, but that's what's on the menu when Andrew makes a visit to this multi-cultural city. | **PG (A)**+BIFO04-011+ |

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| 17:00 | **Carnival Cravings With Anthony Anderson: Deep-Fried Rockies (R)** Anthony Anderson heads to heart of the Rockies for some mountain-sized carnival fun at Parker Days in Parker, Colo. | **PG** +CRAV01-003+ |

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| 17:30 | **Carnival Kings: It's Nacho Business, Dude (R)** Fearless Chef Richie Farina takes on Nate Janousek of Texas Steak Out and his deep-fried carnival twist on nachos supreme. | **PG** +CKIN01-003+ |

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| 18:00 | **Mystery Diners: Deli Drama (R)** Fearing that his new baker is taking artistic license with customer cake orders, Lenny, owner of Lenny's Deli in Los Angeles, asks Charles Stiles to investigate.  | **PG** +MYSD09-001+ |

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| 18:30 | **Mystery Diners: Bowling For Dollars (R)** After hearing complaints about rowdy customers, Bryan, owner of Corbin Bowling Center in Tarzana, Calif., contacts Charles Stiles for help. Mystery Diners Eliot and Kendall go undercover. | **PG** +MYSD09-002+ |

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| 19:00 | **Anh Does Vietnam (R) ’CC’** Anh rents a motorcycle to explore central Vietnam and the Vietnamese fascination with Luck. After cooking up snails and meeting the mausoleum of Ho Chi Minh, Anh ends his journey helping at a local school. | **PG** +ANDV-002+ |

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| 20:00 | **Beach Eats USA: Surf And Turf NEW EPISODE**Curtis Stone is finding the best of both surf and turf right on some of the most beautiful beaches in America. | **PG** +BEEA01-003+ |

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| 20:30 | **Iron Chef America: Symon Vs. Brock NEW EPISODE**Charleston based Chef Sean Brock enters Kitchen stadium for the first time to challenge Iron Chef Michael Symon. | **PG** +ICAM08-030+ |

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

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| 22:30 | **The Grill Dads: Mornings Are Better With Treats (R)** The Grill Dads are on the hunt for over-the-top, incredible breakfast creations. | **PG** +GRIL01-003+ |

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| 23:00 | **Comfort Food Tour: More Cheese, Please (R)** What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG** +CMFT02-003+ |

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| 23:30 | **Diners, Drive-Ins And Dives: Poutine, Pizza And Pork (R)** Guy Fieri travels the country diving into some meaty masterpieces starting at a spot in Longmont, Colorado, that serves craft beer and primo pub grub like their piled-high poutine burger. | **PG** +DDID27-011+ |

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| 00:00 | **Diners, Drive-Ins and Dives: Neighborhood Knockouts (R)** Guy Fieri's traveling up and down the west coast in search of funky neighborhood joints.  | **PG** +DDID18-001+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-036+ |

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| 01:00 | **Queensland Weekender (R) ’CC’** Kip visits the biggest country and roots festival down under. Lee is going under the sea for the first time, Curtis is soaring over the Sunshine Coast, plus we meet the King of Wings. | **G** +7QWE18-008+ |

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| 01:30 | **Creek To Coast (R) ’CC’** Sammie is taking on Moreton Island and if you need some Christmas inspiration, Scotty has some suggestions for you. | **G** +7CTC18-035+ |

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| 02:00 | **The Great Day Out (R) ’CC’** This week on The Great Day Out it is all about fabulous scenery, fine food and fascinating people - they're the key ingredients of Scenic Rim Eat Local Week. | **G** +GDOT18-014+ |

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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** +HIWA21-025+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike visits Camden Produce Markets at Camden Town Farm and tries some of the delicious local-grown products. Jase and Beck head there to check out Ultimate Go Karts and the Alan Baker gallery. Starring:BECK STEVENS,JASON STEVENS,ERICA DAVIS,MIKE WHITNEY | **G** +7SWE25-036+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-036+ |

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| 04:00 | **Queensland Weekender (R) ’CC’** Kip visits the biggest country and roots festival down under. Lee is going under the sea for the first time, Curtis is soaring over the Sunshine Coast, plus we meet the King of Wings. | **G** +7QWE18-008+ |

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| 04:30 | **Creek To Coast (R) ’CC’** Sammie is taking on Moreton Island and if you need some Christmas inspiration, Scotty has some suggestions for you. | **G** +7CTC18-035+ |

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| 05:00 | **The Great Day Out (R) ’CC’** This week on The Great Day Out it is all about fabulous scenery, fine food and fascinating people - they're the key ingredients of Scenic Rim Eat Local Week. | **G** +GDOT18-014+ |

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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** +HIWA21-025+ |