**Sunday 29 September 2019**

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| 06:00 | **Ten Dollar Dinners: Paradise By The Cooktop Light**  Melissa d'Arabian dresses up a wallet-friendly classic without breaking her budget. Her tender Meatloaf gets an extra flavor boost from her Mustard and Sour Cream Gravy. | **G**  +TEDD06-006+ |

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| 06:30 | **Diners, Drive-Ins and Dives: Soup, Salad And Seafood (R)**  Guy Fieri's diving into all kinds of classic comfort foods. | **PG**  +DDID18-013+ |

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| 07:00 | **Carnival Kings: Duck, Duck...Sliders (R)**  Michelin-starred Chef Richie Farina hits the road in search of innovative culinary competitions, and he's found one at the Pima County Fair outside Tucson, Arizona. | **PG**  +CKIN01-002+ |

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| 07:30 | **Restaurant: Impossible: Treading Water (R)**  Gail, a successful businesswoman, purchased Bryant's Seafood World in Hueytown, expecting to seamlessly continue its 30-year tradition: But now, four years later, she desperately needs Chef Robert. | **PG**  +RIMP08-007+ |

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| 08:30 | **Restaurant: Impossible: Bummed Out (R)**  Emotions explode when Chef Robert Irvine steps in to save Bambino's Italian Ristorante in Orange City. Robert must get above the noise to rebuild the relationships and sort out the restaurant. | **PG**  +RIMP08-008+ |

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| 09:30 | **Around The World With Manu: Dubai (R)**  Manu makes his way to Dubai, as his first stopover, on his around the world journey. He has organized to cook a VIP lunch at the highest restaurant in the world. | **PG**  +AWWM01-002+ |

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| 10:30 | **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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| 11:30 | **Ten Dollar Dinners: Paradise By The Cooktop Light (R)**  Melissa d'Arabian dresses up a wallet-friendly classic without breaking her budget. Her tender Meatloaf gets an extra flavor boost from her Mustard and Sour Cream Gravy. | **G**  +TEDD06-006+ |

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| 16:00 | **Around The World With Manu: Dubai (R)**  Manu makes his way to Dubai, as his first stopover, on his around the world journey. He has organized to cook a VIP lunch at the highest restaurant in the world. | **PG**  +AWWM01-002+ |

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| 17:00 | **Around The World With Manu: India (R)**  Manu's travels in Dubai were incredible, but it's time to get serious with his journey and make tracks. A short flight to Mumbai, and he is in India for the first time in his life. | **PG**  +AWWM01-003+ |

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| 18:00 | **Kid's Baking Championships NEW EPISODE**  The kid bakers must make three dozen macarons that form a five-inch stack. | **G**  +KBAC02-004+ |

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| 19:00 | **Ridiculous Cakes: Big Tex's Texas-Sized Cake (R)**  Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG**  +RICA01-006+ |

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| 19:30 | **Crazy Cakes: Beer, Bling And Spinning Cakes NEW EPISODE**  A brewery celebration calls for kegs made of cake that pour beer, and an edible sombrero is filled with food and flames. | **PG**  +CRAZ01-005+ |

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| 20:00 | **Reality Cupcakes: Cupcake Comfort Food NEW EPISODE**  Ashley Foxen makes amazing hot wing and macaroni and cheese cupcakes so realistic the Fleet Week military sailors returning home can't decide if they're eating appetizers or desserts. | **PG**  +RCUP01-005+ |

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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 | **Cupcake Wars: Cupcake Love Story NEW EPISODE**  Four bakers compete for their cupcakes to take center stage at a VIP party for the biggest stars of opera. | **PG**  +CUPW04-010+ |

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| 22:30 | **Cake Wars: Captain America (R)**  Bakers, assemble! Cake Wars takes on one of the greatest heroes in comic book history - Captain America! | **PG**  +CAKW03-001+ |

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| 23:30 | **Ridiculous Cakes: Big Tex's Texas-Sized Cake (R)**  Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG**  +RICA01-006+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 20 (R) ’CC’**  Victoria is on the ultimate eco experience. | **G**  +7QWE18-020+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2018 Ep: 8 (R) ’CC’**  Mums, prams and surfboards. Plus, Sally has the perfect recipe for autumn and Roger is out to get bogged. | **G**  +7CTC18-008+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 24 (R) ’CC’**  Karni has lift off at iFLY Gold Coast. We meet the man behind the most popular Ekka attraction, while Alastair is on a Moreton Bay food trail. | **G**  +GDOT19-024+ |

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

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike cruises around Sydney Harbour with Barefoot Charters. Mel heads to Scenic World and stays at the Hydro Majestic in the Blue Mountains. Lizzy heads to the Australian Reptile Park. | **G**  +7SWE25-045+ |

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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**  +SAWE18-017+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 20 (R) ’CC’**  Victoria is on the ultimate eco experience. | **G**  +7QWE18-020+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 24 (R) ’CC’**  Karni has lift off at iFLY Gold Coast. We meet the man behind the most popular Ekka attraction, while Alastair is on a Moreton Bay food trail. | **G**  +GDOT19-024+ |

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

**Monday 30 September 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike cruises around Sydney Harbour with Barefoot Charters. Mel heads to Scenic World and stays at the Hydro Majestic in the Blue Mountains. Lizzy heads to the Australian Reptile Park. | **G**  +7SWE25-045+ |

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| 06:30 | **Kid's Baking Championships (R)**  The kid bakers must make three dozen macarons that form a five-inch stack. | **G**  +KBAC02-004+ |

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| 07:30 | **Crazy Cakes: Beer, Bling And Spinning Cakes (R)**  A brewery celebration calls for kegs made of cake that pour beer, and an edible sombrero is filled with food and flames. | **PG**  +CRAZ01-005+ |

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| 08:00 | **Reality Cupcakes: Cupcake Comfort Food (R)**  Ashley Foxen makes amazing hot wing and macaroni and cheese cupcakes so realistic the Fleet Week military sailors returning home can't decide if they're eating appetizers or desserts. | **PG**  +RCUP01-005+ |

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| 08:30 | **Cupcake Wars: Cupcake Love Story (R)**  Four bakers compete for their cupcakes to take center stage at a VIP party for the biggest stars of opera. | **PG**  +CUPW04-010+ |

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| 09:30 | **Cake Wars: Captain America (R)**  Bakers, assemble! Cake Wars takes on one of the greatest heroes in comic book history - Captain America! | **PG**  +CAKW03-001+ |

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| 10:30 | **Better Homes And Gardens (R) ’CC’**  Joh and Pete visit a Fitzroy terrace home with a difference. Karen makes pork enchiladas. Dr Harry meets a French bulldog that howls whenever it gets left alone. | **G**  +BHAG25-035+ |

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| 12:00 | **Cupcake Wars: Cupcake Love Story (R)**  Four bakers compete for their cupcakes to take center stage at a VIP party for the biggest stars of opera. | **PG**  +CUPW04-010+ |

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| 13:00 | **Cake Wars: Captain America (R)**  Bakers, assemble! Cake Wars takes on one of the greatest heroes in comic book history - Captain America! | **PG**  +CAKW03-001+ |

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| 15:00 | **Ridiculous Cakes: Big Tex's Texas-Sized Cake (R)**  Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG**  +RICA01-006+ |

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| 15:30 | **The Pioneer Woman: Mom's Day (R)**  It's a fun day of treats for Mom - while Ladd and the kids wash her truck. | **PG**  +PIWO13-006+ |

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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**  +HOWL03-032+ |

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| 17:00 | **Giada At Home: Planting the Seed (R)**  Giada De Laurentiis donates a garden to an elementary school in Compton that will be incorporated into the school's curriculum. | **PG**  +GIHO05-022+ |

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| 17:30 | **The Kitchen: Quick And Easy Fall Favorites (R)**  Get a taste of all the flavors of fall with The Kitchen's quick and easy meals. Katie Lee whips up Weeknight Chicken Chili, and Jeff Mauro throws together his Seasonal Fall Stir Fry. | **PG**  +TKIT14-010+ |

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| 18:30 | **Chopped: Chopped Grand Holiday (R)**  Four of Chopped's biggest winners return to share stories of their life-changing victories and - in the spirit of the season - play for a favorite charity. | **PG**  +CHPD35-020+ |

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| 19:30 | **Buddy vs. Duff: Donuts and Magic NEW EPISODE**  Kicking things off in the bake-off challenge, pastry chefs Buddy Valastro and Duff Goldman have to handle the morning rush at Los Angeles' iconic Randy's Donuts drive-thru. | **PG**  +BUDD01-005+ |

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| 20:30 | **Hell's Kitchen USA NEW EPISODE**  World renowned chef Gordon Ramsay puts aspiring young chefs through rigorous cooking challenges and dinner services at his restaurant in Hollywood. | **MA (L)**  +HEKI15-008+ |

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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**  +SAWE18-018+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 21 (R) ’CC’**  Lee treks through a pristine wilderness, Victoria meets some cute Sunshine Coast locals, Kip has the need for speed and Chief Executive of the RNA reveals what is takes to organise the EKKA. | **G**  +7QWE18-021+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2018 Ep: 9 (R) ’CC’**  This week on Creek to Coast, we travel to Winton's inaugural Way Out West Fest, an outback shindig to celebrate the re-opening of Winton's Waltzing Matilda Museum. | **G**  +7CTC18-009+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 25 (R) ’CC’**  Laurel has found a country getaway not far from the city. Kimberley discovers secrets of inner-city suburbia. Alastair uncovers the must do dining venues in Ipswich and we visit the Blackbutt Bakery. | **G**  +GDOT19-025+ |

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| 02:30 | **Home In WA (R) ’CC’**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-022+ |

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| 03:00 | **Sydney Weekender (R) ’CC’**  Sydney Weekender travels around Sydney and throughout New South Wales to explore the best places to stay, eat and play, and to help you make the most of your weekend. | **G**  +7SWE25-046+ |

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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+ |

**Tuesday 01 October 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Sydney Weekender travels around Sydney and throughout New South Wales to explore the best places to stay, eat and play, and to help you make the most of your weekend. | **G**  +7SWE25-046+ |

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| 06:30 | **Ten Dollar Dinners: Accessible Yet Exotic (R)**  Melissa d'Arabian stirs up her Easy Chicken Curry with Vegetables with some Coconut Scented Rice rounds out the meal and soaks up the delicious sauce. For something sweet, Mom's Banana Bread. | **G**  +TEDD06-002+ |

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| 07:00 | **The Pioneer Woman: Mom's Day (R)**  It's a fun day of treats for Mom - while Ladd and the kids wash her truck. | **PG**  +PIWO13-006+ |

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| 07:30 | **The Kitchen: Quick And Easy Fall Favorites (R)**  Get a taste of all the flavors of fall with The Kitchen's quick and easy meals. Katie Lee whips up Weeknight Chicken Chili, and Jeff Mauro throws together his Seasonal Fall Stir Fry. | **PG**  +TKIT14-010+ |

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| 08:30 | **Rachael Ray's Week In A Day: 2 For 1 (R)**  A double duty, hot and cold Sammy idea will help you kick off a great week of eating. | **PG**  +WIAD03-011+ |

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| 09:30 | **Giada At Home: Planting the Seed (R)**  Giada De Laurentiis donates a garden to an elementary school in Compton that will be incorporated into the school's curriculum. | **PG**  +GIHO05-022+ |

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| 13:00 | **Chopped: Chopped Grand Holiday (R)**  Four of Chopped's biggest winners return to share stories of their life-changing victories and - in the spirit of the season - play for a favorite charity. | **PG**  +CHPD35-020+ |

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| 15:30 | **Buddy vs. Duff: Donuts and Magic (R)**  Kicking things off in the bake-off challenge, pastry chefs Buddy Valastro and Duff Goldman have to handle the morning rush at Los Angeles' iconic Randy's Donuts drive-thru. | **PG**  +BUDD01-005+ |

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| 16:30 | **The Pioneer Woman: Kit And Caboodle (R)**  Ree Drummond's knocking out four fabulous get-ahead meal kits, portioned, prepped and ready to go. | **PG**  +PIWO13-007+ |

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| 17:00 | **Giada At Home: Viewer's Choice 2**  Giada De Laurentiis reached out to her twitter follows to find out what they'd like to see her make on Giada at Home. | **PG**  +GIHO05-023+ |

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| 17:30 | **The Kitchen: Master Your Menu (R)**  The Kitchen shares recipes that can turn anyone into a Weeknight Warrior, starting with Geoffrey Zakarian's Sloppy Joes and Katie Lee's Hot and Crispy Fish Sandwich. | **PG**  +TKIT14-011+ |

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| 18:30 | **Chopped: Alton's Challenge, Pt. 1 (R)**  Alton Brown is taking over the Chopped Kitchen for an epic five-part tournament. With $50,000 on the line, the first four chefs bravely take on his challenge. | **PG**  +CHPD34-001+ |

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| 19:30 | **Mystery Diners: Memorabilia Mayhem (R)**  A dip in memorabilia sales at the Rock Island Cafe in Honolulu worries the owner, who contacts Charles to investigate whether his staff is to blame. | **PG**  +MYSD08-009+ |

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| 20:00 | **Mystery Diners: Deep Sea Delivery (R)**  When Angie, the owner of Cha Cha Cha Salsaria in Honolulu, hears rumors of an unauthorized boat delivery service, she contacts Charles Stiles to investigate. | **PG**  +MYSD08-010+ |

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| 20:30 | **Restaurant: Impossible: It's All Greek To Me (R)**  Chef Robert Irvine helps cousins Angelo and Angelo and their diner, Angelo's. Their fathers started the restaurant 40 years ago but every day has been the same - the same menu, decor and drama. | **PG**  +RIMP06-009+ |

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| 21:30 | **Restaurant: Impossible: Kalico Kraziness (R)**  Chef Robert travels to Douglas, Mich., to save the Kalico Kitchen and long-time owner Catherine. Catherine is boisterous and blunt with a vocabulary so colorful that turns her staff against her. | **PG**  +RIMP06-010+ |

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| 00:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-019+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 22 (R) ’CC’**  Kay is on an epic journey across the Gulf Savannah. It's remote, remarkable and full of surprises. | **G**  +7QWE18-022+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2018 Ep: 10 (R) ’CC’**  To celebrate the 50th Anniversary of the Caravanning Supershow, Scott takes a road trip from Longreach to Yeppoon, visiting the Tree of Knowledge. | **G**  +7CTC18-010+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 26 (R) ’CC’**  Jillian gets a taste of the newest food festival. Tamsyn is conducting koala research. Billy discovers the best brunch spots in Brisbane, while Alastair learns some cracking new tricks. | **G**  +GDOT19-026+ |

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

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| 03:00 | **Sydney Weekender (R) ’CC’**  Sydney Weekender travels around Sydney and throughout New South Wales to explore the best places to stay, eat and play, and to help you make the most of your weekend. | **G**  +7SWE25-047+ |

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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**  +SAWE18-019+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 22 (R) ’CC’**  Kay is on an epic journey across the Gulf Savannah. It's remote, remarkable and full of surprises. | **G**  +7QWE18-022+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2018 Ep: 10 (R) ’CC’**  To celebrate the 50th Anniversary of the Caravanning Supershow, Scott takes a road trip from Longreach to Yeppoon, visiting the Tree of Knowledge. | **G**  +7CTC18-010+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 26 (R) ’CC’**  Jillian gets a taste of the newest food festival. Tamsyn is conducting koala research. Billy discovers the best brunch spots in Brisbane, while Alastair learns some cracking new tricks. | **G**  +GDOT19-026+ |

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

**Wednesday 02 October 2019**

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| 06:00 | **Restaurant: Impossible: It's All Greek To Me (R)**  Chef Robert Irvine helps cousins Angelo and Angelo and their diner, Angelo's. Their fathers started the restaurant 40 years ago but every day has been the same - the same menu, decor and drama. | **PG**  +RIMP06-009+ |

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

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| 07:30 | **The Kitchen: Master Your Menu (R)**  The Kitchen shares recipes that can turn anyone into a Weeknight Warrior, starting with Geoffrey Zakarian's Sloppy Joes and Katie Lee's Hot and Crispy Fish Sandwich. | **PG**  +TKIT14-011+ |

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| 08:30 | **Restaurant: Impossible: Kalico Kraziness (R)**  Chef Robert travels to Douglas, Mich., to save the Kalico Kitchen and long-time owner Catherine. Catherine is boisterous and blunt with a vocabulary so colorful that turns her staff against her. | **PG**  +RIMP06-010+ |

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| 09:30 | **Giada At Home: Viewer's Choice 2 (R)**  Giada De Laurentiis reached out to her twitter follows to find out what they'd like to see her make on Giada at Home. | **PG**  +GIHO05-023+ |

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| 10:00 | **Ten Dollar Dinners: Keep the Change Chile (R)**  Melissa makes Chiles Rellenos, with the side of Rice With Green Pepper and Jalapeno. Ontop of that, some Mashed Black Beans for that extra dose of protein. All that flavor, and still under budget. | **G**  +TEDD06-003+ |

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| 10:30 | **The Pioneer Woman: Kit And Caboodle (R)**  Ree Drummond's knocking out four fabulous get-ahead meal kits, portioned, prepped and ready to go. | **PG**  +PIWO13-007+ |

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| 11:00 | **Restaurant: Impossible: It's All Greek To Me (R)**  Chef Robert Irvine helps cousins Angelo and Angelo and their diner, Angelo's. Their fathers started the restaurant 40 years ago but every day has been the same - the same menu, decor and drama. | **PG**  +RIMP06-009+ |

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| 12:00 | **The Kitchen: Master Your Menu (R)**  The Kitchen shares recipes that can turn anyone into a Weeknight Warrior, starting with Geoffrey Zakarian's Sloppy Joes and Katie Lee's Hot and Crispy Fish Sandwich. | **PG**  +TKIT14-011+ |

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| 13:00 | **Chopped: Alton's Challenge, Pt. 1 (R)**  Alton Brown is taking over the Chopped Kitchen for an epic five-part tournament. With $50,000 on the line, the first four chefs bravely take on his challenge. | **PG**  +CHPD34-001+ |

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| 14:00 | **Giada At Home: Viewer's Choice 2 (R)**  Giada De Laurentiis reached out to her twitter follows to find out what they'd like to see her make on Giada at Home. | **PG**  +GIHO05-023+ |

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| 14:30 | **Restaurant: Impossible: Kalico Kraziness (R)**  Chef Robert travels to Douglas, Mich., to save the Kalico Kitchen and long-time owner Catherine. Catherine is boisterous and blunt with a vocabulary so colorful that turns her staff against her. | **PG**  +RIMP06-010+ |

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| 15:30 | **Mystery Diners: Memorabilia Mayhem (R)**  A dip in memorabilia sales at the Rock Island Cafe in Honolulu worries the owner, who contacts Charles to investigate whether his staff is to blame. | **PG**  +MYSD08-009+ |

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| 16:00 | **Mystery Diners: Deep Sea Delivery (R)**  When Angie, the owner of Cha Cha Cha Salsaria in Honolulu, hears rumors of an unauthorized boat delivery service, she contacts Charles Stiles to investigate. | **PG**  +MYSD08-010+ |

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

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| 17:00 | **Giada At Home: Jade's Dance Class**  Giada De Laurentiis creates a delicious lunch for Jade and her friends after a fun dance lesson at home. | **PG**  +GIHO05-024+ |

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| 17:30 | **The Kitchen: Party In The Parking Lot (R)**  It's tailgating season and The Kitchen is celebrating with Jeff Mauro's Greek Bread pizza and Katie Lee's Jerk Chicken Nachos. | **PG**  +TKIT14-012+ |

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| 18:30 | **Chopped: Alton's Challenge, Pt. 2 (R)**  In the second Alton's Challenge battle, there's a dehydration theme for the baskets, and Alton Brown demonstrates a home hack that makes removing moisture from food a breeze. | **PG**  +CHPD34-002+ |

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| 19:30 | **Restaurant: Impossible: Unfixable Family (R)**  Chef Robert Irvine may have met his match when he encounters the volatile owners of Mike LaSusa's Italian Restaurant in Oak Creek, Wis. | **PG**  +RIMP07-008+ |

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| 20:30 | **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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| 21:30 | **Mystery Diners: Hamburger Burglar (R)**  The owners of "Latin House" in Miami worry that someone, at their off-site warehouse, is giving away the recipes to their award-winning burgers. | **PG (L,A)**  +MYSD10-006+ |

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| 22:00 | **Mystery Diners: Unhappy Hour (R)**  The owner of a Miami Beach hotel asks Charles and the team to investigate whether his staff are sneaking their friends into a free happy hour he offers to guests. | **PG (L,A)**  +MYSD10-007+ |

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| 22:30 | **Restaurant: Impossible: Unfixable Family (R)**  Chef Robert Irvine may have met his match when he encounters the volatile owners of Mike LaSusa's Italian Restaurant in Oak Creek, Wis. | **PG**  +RIMP07-008+ |

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| 23:30 | **Chopped: Alton's Challenge, Pt. 2 (R)**  In the second Alton's Challenge battle, there's a dehydration theme for the baskets, and Alton Brown demonstrates a home hack that makes removing moisture from food a breeze. | **PG**  +CHPD34-002+ |

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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**  +SAWE18-020+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 23 (R) ’CC’**  Kip has the place for a winter bushwalk, Luke and Cody are exploring the coast by rail and Lee is welcoming the whales to Straddie. | **G**  +7QWE18-023+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2018 Ep: 11 (R) ’CC’**  If you like 4WDing and fishing then Andrew has the place for you, Liz is surfing with a young gun. Only caught one fish, Sally can turn it into a meal for many and Scotty checks out Beautiful Betsy. | **G**  +7CTC18-011+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 27 (R) ’CC’**  Jillian uncovers some of the best seafood in the Moreton Bay region. Karni visits a farm bringing country charm to city kids, while Tamsyn explores Brisbane by bike. | **G**  +GDOT19-027+ |

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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 checks out the history of Canowindra with Blind Freddy's Bushranger Tours. Lea looks at the wineries of the Orange region. Lizzy takes a drive along Fossickers Way. | **PG**  +7SWE25-048+ |

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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**  +SAWE18-020+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 23 (R) ’CC’**  Kip has the place for a winter bushwalk, Luke and Cody are exploring the coast by rail and Lee is welcoming the whales to Straddie. | **G**  +7QWE18-023+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2018 Ep: 11 (R) ’CC’**  If you like 4WDing and fishing then Andrew has the place for you, Liz is surfing with a young gun. Only caught one fish, Sally can turn it into a meal for many and Scotty checks out Beautiful Betsy. | **G**  +7CTC18-011+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 27 (R) ’CC’**  Jillian uncovers some of the best seafood in the Moreton Bay region. Karni visits a farm bringing country charm to city kids, while Tamsyn explores Brisbane by bike. | **G**  +GDOT19-027+ |

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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+ |

**Thursday 03 October 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike checks out the history of Canowindra with Blind Freddy's Bushranger Tours. Lea looks at the wineries of the Orange region. Lizzy takes a drive along Fossickers Way. | **PG**  +7SWE25-048+ |

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| 06:30 | **Ten Dollar Dinners: A Down-Home Ten Dollar Dinner**  Melissa's down-home menu starts with Chicken and Biscuits, tender chicken thighs served over super-quick Sour Cream Garlic Biscuits. On the side, Broccoli and Cauliflower Salad with a dijon dressing. | **G**  +TEDD06-004+ |

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

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| 07:30 | **The Kitchen: Party In The Parking Lot (R)**  It's tailgating season and The Kitchen is celebrating with Jeff Mauro's Greek Bread pizza and Katie Lee's Jerk Chicken Nachos. | **PG**  +TKIT14-012+ |

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| 08:30 | **Mystery Diners: Hamburger Burglar (R)**  The owners of "Latin House" in Miami worry that someone, at their off-site warehouse, is giving away the recipes to their award-winning burgers. | **PG (L,A)**  +MYSD10-006+ |

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| 09:00 | **Mystery Diners: Unhappy Hour (R)**  The owner of a Miami Beach hotel asks Charles and the team to investigate whether his staff are sneaking their friends into a free happy hour he offers to guests. | **PG (L,A)**  +MYSD10-007+ |

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| 09:30 | **Giada At Home: Jade's Dance Class (R)**  Giada De Laurentiis creates a delicious lunch for Jade and her friends after a fun dance lesson at home. | **PG**  +GIHO05-024+ |

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| 10:00 | **Ten Dollar Dinners: A Down-Home Ten Dollar Dinner (R)**  Melissa's down-home menu starts with Chicken and Biscuits, tender chicken thighs served over super-quick Sour Cream Garlic Biscuits. On the side, Broccoli and Cauliflower Salad with a dijon dressing. | **G**  +TEDD06-004+ |

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| 10:30 | **The Pioneer Woman: Burning 101 (R)**  It's springtime, which means Ladd's out burning the pastures and Ree Drummond has some hungry mouths to feed. | **PG**  +PIWO13-008+ |

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| 11:00 | **Rachael Ray's Week In A Day: Soupercharged (R)**  Think a soup can't be a supper? Then cosy up to this: Rachael Ray has a week's worth of soup-based meals that'll leave your whole family satisfied. | **PG**  +WIAD05-004+ |

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| 12:00 | **The Kitchen: Party In The Parking Lot (R)**  It's tailgating season and The Kitchen is celebrating with Jeff Mauro's Greek Bread pizza and Katie Lee's Jerk Chicken Nachos. | **PG**  +TKIT14-012+ |

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| 13:00 | **Chopped: Alton's Challenge, Pt. 2 (R)**  In the second Alton's Challenge battle, there's a dehydration theme for the baskets, and Alton Brown demonstrates a home hack that makes removing moisture from food a breeze. | **PG**  +CHPD34-002+ |

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| 14:00 | **Giada At Home: Jade's Dance Class (R)**  Giada De Laurentiis creates a delicious lunch for Jade and her friends after a fun dance lesson at home. | **PG**  +GIHO05-024+ |

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| 14:30 | **Restaurant: Impossible: Unfixable Family (R)**  Chef Robert Irvine may have met his match when he encounters the volatile owners of Mike LaSusa's Italian Restaurant in Oak Creek, Wis. | **PG**  +RIMP07-008+ |

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| 15:30 | **Mystery Diners: Hamburger Burglar (R)**  The owners of "Latin House" in Miami worry that someone, at their off-site warehouse, is giving away the recipes to their award-winning burgers. | **PG (L,A)**  +MYSD10-006+ |

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| 16:00 | **Mystery Diners: Unhappy Hour (R)**  The owner of a Miami Beach hotel asks Charles and the team to investigate whether his staff are sneaking their friends into a free happy hour he offers to guests. | **PG (L,A)**  +MYSD10-007+ |

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

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| 17:00 | **Giada At Home: Football's Top Four (R)**  Giada De Laurentiis makes the top four most-requested game-day snacks and gives each one her own special spin. | **PG**  +GIHO08-001+ |

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| 17:30 | **The Kitchen: Fall Brunch Strikes Back (R)**  Grab a mimosa and get ready to enjoy another fall brunch show packed with recipes like Sunny Anderson's Funky Monkey Bread Pudding. | **PG**  +TKIT14-013+ |

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| 18:30 | **Chopped: Flour Power (R)**  Four bold female bakers attempt to rise to the challenge and clinch a $10,000 victory. | **PG**  +CHPD34-007+ |

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| 19:30 | **Ramsay's Kitchen Nightmares USA: Bella Luna (R) ’CC’**  Bella Luna's future looks especially grim due to chef Gianfranco's lack of real experience in the kitchen, combined with his mother's refusal to acknowledge the restaurant's flaws. | **M (L)**  +KNUS07-009+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: Oscar's (R) ’CC’**  Gordon visits Oscar's, which on the surface looks ideal but is run by a mother in son who constantly bicker, and are losing thousands of pounds each week. | **MA (L)**  +RAKN02-006+ |

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| 21:30 | **Ramsay's Kitchen Nightmares: Clubway 41 (R) ’CC’**  Gordon tries to help the struggling Clubway 41 restaurant, which has bizarre dishes on its menu, ranging from tomato and cointreau soup to pork with brie, nectarine and whiskey sauce. | **M (L)**  +RAKN02-005+ |

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| 22:30 | **Ramsay's Hotel Hell: River Rock (R) ’CC’**  A run-down Pennsylvania hotel needs to be cleaned of dead bugs and stained bedspreads. Starring:GORDON RAMSAY | **M (L)**  +HELL01-003+ |

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| 23:30 | **Chopped: Flour Power (R)**  Four bold female bakers attempt to rise to the challenge and clinch a $10,000 victory. | **PG**  +CHPD34-007+ |

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| 00:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-021+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 24 (R) ’CC’**  Kip makes some fascinating discoveries, Olivia heads offshore, Liz is on her babymoon and Lee is embarking on an incredible walk in the Whitsundays. | **G**  +7QWE18-024+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2018 Ep: 12 (R) ’CC’**  Heritage listed rainforests, stunning beaches, vibrant little towns, and of course big fish, Scotty is in far north Queensland on a mission to catch the iconic Barra. | **G**  +7CTC18-012+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 28 (R) ’CC’**  Tamsyn embarks on an indigenous whale watching experience. Sharyn Ghidella shares her adventurous Great Day Out, while Laurel explores the arty side of Logan. | **G**  +GDOT19-028+ |

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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 tours the Sydney Cricket and Sporting Ground Trust Precinct. Mel goes to Alice Springs to check out some gorgeous locations and art. Sally goes to Canberra for the Enlighten Festival. Starring:ERICA DAVIS,LEA WILSON,SALLY STANTON,MEL SYMONS,MIKE WHITNEY | **G**  +7SWE26-001+ |

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| 03:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-021+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 24 (R) ’CC’**  Kip makes some fascinating discoveries, Olivia heads offshore, Liz is on her babymoon and Lee is embarking on an incredible walk in the Whitsundays. | **G**  +7QWE18-024+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2018 Ep: 12 (R) ’CC’**  Heritage listed rainforests, stunning beaches, vibrant little towns, and of course big fish, Scotty is in far north Queensland on a mission to catch the iconic Barra. | **G**  +7CTC18-012+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 28 (R) ’CC’**  Tamsyn embarks on an indigenous whale watching experience. Sharyn Ghidella shares her adventurous Great Day Out, while Laurel explores the arty side of Logan. | **G**  +GDOT19-028+ |

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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+ |

**Friday 04 October 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike tours the Sydney Cricket and Sporting Ground Trust Precinct. Mel goes to Alice Springs to check out some gorgeous locations and art. Sally goes to Canberra for the Enlighten Festival. Starring:ERICA DAVIS,LEA WILSON,SALLY STANTON,MEL SYMONS,MIKE WHITNEY | **G**  +7SWE26-001+ |

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| 06:30 | **Ten Dollar Dinners: Winter In Provence**  Melissa d'Arabian warms up with warming French favorites. She simmers a pot of Daube a la Provencale, a classic French beef stew, and serves it with a traditional side, pasta-based Macaronade. | **G**  +TEDD06-005+ |

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

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| 07:30 | **The Kitchen: Fall Brunch Strikes Back (R)**  Grab a mimosa and get ready to enjoy another fall brunch show packed with recipes like Sunny Anderson's Funky Monkey Bread Pudding. | **PG**  +TKIT14-013+ |

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| 08:30 | **Rachael Ray's Week In A Day: Get Saucy (R)**  Load up with five mouth-watering stews and sauces - everything from barbecue to a killer curry - in one day. | **PG**  +WIAD05-001+ |

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| 09:30 | **Giada At Home: Football's Top Four (R)**  Giada De Laurentiis makes the top four most-requested game-day snacks and gives each one her own special spin. | **PG**  +GIHO08-001+ |

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| 10:00 | **Ten Dollar Dinners: Winter In Provence (R)**  Melissa d'Arabian warms up with warming French favorites. She simmers a pot of Daube a la Provencale, a classic French beef stew, and serves it with a traditional side, pasta-based Macaronade. | **G**  +TEDD06-005+ |

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| 10:30 | **The Pioneer Woman: Deli Food Showdown (R)**  Ree Drummond is testing recipes for her deli and having her friends pick which versions will end up on the menu. | **PG**  +PIWO13-009+ |

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| 11:00 | **Rachael Ray's Week In A Day: Get Saucy (R)**  Load up with five mouth-watering stews and sauces - everything from barbecue to a killer curry - in one day. | **PG**  +WIAD05-001+ |

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| 12:00 | **The Kitchen: Fall Brunch Strikes Back (R)**  Grab a mimosa and get ready to enjoy another fall brunch show packed with recipes like Sunny Anderson's Funky Monkey Bread Pudding. | **PG**  +TKIT14-013+ |

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| 13:00 | **Chopped: Flour Power (R)**  Four bold female bakers attempt to rise to the challenge and clinch a $10,000 victory. | **PG**  +CHPD34-007+ |

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| 14:00 | **Giada At Home: Football's Top Four (R)**  Giada De Laurentiis makes the top four most-requested game-day snacks and gives each one her own special spin. | **PG**  +GIHO08-001+ |

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| 14:30 | **Rachael Ray's Week In A Day: Get Saucy (R)**  Load up with five mouth-watering stews and sauces - everything from barbecue to a killer curry - in one day. | **PG**  +WIAD05-001+ |

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| 15:30 | **Giada At Home: Chocolate Kisses (R)**  With a little TLC, Giada De Laurentiis shares some of her favorite chocolate Valentine's Day treats. | **PG**  +GIHO08-002+ |

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| 16:00 | **The Pioneer Woman: Fixin' Fence, Fixin' Lunch (R)**  Ladd and Cowboy Tim are out fixin' fences, so Ree Drummond is fixin' them their favourite Tex-Mex lunch. | **PG**  +PIWO13-010+ |

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| 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**  +HOWL03-032+ |

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| 17:30 | **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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| 18:30 | **Chopped: Alton's Challenge, Pt. 3 (R)**  The chefs explore the wonders of molecular gastronomy in the third Alton's Challenge battle. | **PG**  +CHPD34-003+ |

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| 19:30 | **Restaurant: Impossible: Meet The Impossible (R)**  Chef Robert Irvine and his team have travelled to more than 100 locations to help America's failing restaurants. Now it's your chance to hear the never-before-told stories behind the show. | **PG**  +RIMP08-009+ |

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| 20:30 | **Mystery Diners: Missing Links (R)**  The manager of a golf course in Hollywood, Florida, asks the team to investigate complaints about non-members playing for free. However, a bigger problem is discovered in the club's dining room. | **PG (L,A)**  +MYSD10-008+ |

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| 21:00 | **Mystery Diners: History Mystery (R)**  The owner of "Old Vinings Inn", a historical restaurant in Atlanta, asks Charles and the team to investigate whether Civil War tours are taking place, without his permission. | **PG (L,A)**  +MYSD10-009+ |

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| 21:30 | **Mystery Diners: Red Ink (R)**  A drop in food and tattoo sales at the "Anchor Bar and Tattoo" in Atlanta is investigated by Charles and the team. | **PG (L,A)**  +MYSD10-010+ |

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| 22:00 | **Mystery Diners: Tour Bust (R)**  The father-son owners of "Star Cafe" and "Star Coaches" in Atlanta, worry about missing food in their kitchen and a rise in fuel expenses on their tour buses. | **PG (L,A)**  +MYSD10-011+ |

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| 22:30 | **Restaurant: Impossible: Meet The Impossible (R)**  Chef Robert Irvine and his team have travelled to more than 100 locations to help America's failing restaurants. Now it's your chance to hear the never-before-told stories behind the show. | **PG**  +RIMP08-009+ |

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| 23:30 | **Mystery Diners: Missing Links (R)**  The manager of a golf course in Hollywood, Florida, asks the team to investigate complaints about non-members playing for free. However, a bigger problem is discovered in the club's dining room. | **PG (L,A)**  +MYSD10-008+ |

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| 00:00 | **Mystery Diners: History Mystery (R)**  The owner of "Old Vinings Inn", a historical restaurant in Atlanta, asks Charles and the team to investigate whether Civil War tours are taking place, without his permission. | **PG (L,A)**  +MYSD10-009+ |

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| 00:30 | **The Great Food Truck Race: Family Face-Off: Things Get Berry Interesting (R)**  The five remaining food truck teams head up the Pacific Coast Highway to Ventura County, where they're the main attraction at the California Strawberry Festival. | **PG**  +GFTR07-002+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2018 Ep: 13 (R) ’CC’**  This week, Sally is on the water at Moreton Island, Olivia is underwater on the Tangalooma Wrecks, and Scotty is on dam water, on the hunt for an elusive one metre barra. | **G**  +7CTC18-013+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 29 (R) ’CC’**  Billy gets a new appreciation for an old classic. Laurel luxuriates in New Farm. Jess learns the art of pasta making, while Alastair discovers a pizzeria with a difference. | **G**  +GDOT19-029+ |

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| 02:30 | **Home In WA (R)**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-001+ |

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike explores Orange. Dean heads to Balmoral Beach to try foil serving. Mel visits Alice Springs to check out some gorgeous locations. Starring:DEAN CROPP,ERICA DAVIS,SALLY STANTON,MEL SYMONS,MIKE WHITNEY | **G**  +7SWE26-002+ |

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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**  +SAWE18-022+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 25 (R) ’CC’**  Lee has the September school holiday sorted, Sammie discovers a lavender farm in an unlikely location and photographer John Elliott shares his passion for his work. | **G**  +7QWE18-025+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2018 Ep: 13 (R) ’CC’**  This week, Sally is on the water at Moreton Island, Olivia is underwater on the Tangalooma Wrecks, and Scotty is on dam water, on the hunt for an elusive one metre barra. | **G**  +7CTC18-013+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 29 (R) ’CC’**  Billy gets a new appreciation for an old classic. Laurel luxuriates in New Farm. Jess learns the art of pasta making, while Alastair discovers a pizzeria with a difference. | **G**  +GDOT19-029+ |

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| 05:30 | **Home In WA (R)**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-001+ |

**Saturday 05 October 2019**

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| 06:00 | **Ten Dollar Dinners: Winter In Provence (R)**  Melissa d'Arabian warms up with warming French favorites. She simmers a pot of Daube a la Provencale, a classic French beef stew, and serves it with a traditional side, pasta-based Macaronade. | **G**  +TEDD06-005+ |

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| 06:30 | **Better Homes And Gardens (R) ’CC’**  Joh and Pete visit a Fitzroy terrace home with a difference. Karen makes pork enchiladas. Dr Harry meets a French bulldog that howls whenever it gets left alone. | **G**  +BHAG25-035+ |

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| 08:00 | **Giada At Home: Chocolate Kisses (R)**  With a little TLC, Giada De Laurentiis shares some of her favorite chocolate Valentine's Day treats. | **PG**  +GIHO08-002+ |

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| 08:30 | **The Pioneer Woman: Fixin' Fence, Fixin' Lunch (R)**  Ladd and Cowboy Tim are out fixin' fences, so Ree Drummond is fixin' them their favourite Tex-Mex lunch. | **PG**  +PIWO13-010+ |

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| 09:00 | **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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| 10:00 | **Mystery Diners: Red Ink (R)**  A drop in food and tattoo sales at the "Anchor Bar and Tattoo" in Atlanta is investigated by Charles and the team. | **PG (L,A)**  +MYSD10-010+ |

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| 10:30 | **Mystery Diners: Tour Bust (R)**  The father-son owners of "Star Cafe" and "Star Coaches" in Atlanta, worry about missing food in their kitchen and a rise in fuel expenses on their tour buses. | **PG (L,A)**  +MYSD10-011+ |

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| 11:00 | **The Great Food Truck Race: Family Face-Off: Things Get Berry Interesting (R)**  The five remaining food truck teams head up the Pacific Coast Highway to Ventura County, where they're the main attraction at the California Strawberry Festival. | **PG**  +GFTR07-002+ |

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| 12:00 | **Chopped: Alton's Challenge, Pt. 3 (R)**  The chefs explore the wonders of molecular gastronomy in the third Alton's Challenge battle. | **PG**  +CHPD34-003+ |

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| 13:00 | **Giada At Home: Chocolate Kisses (R)**  With a little TLC, Giada De Laurentiis shares some of her favorite chocolate Valentine's Day treats. | **PG**  +GIHO08-002+ |

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| 13:30 | **The Pioneer Woman: Fixin' Fence, Fixin' Lunch (R)**  Ladd and Cowboy Tim are out fixin' fences, so Ree Drummond is fixin' them their favourite Tex-Mex lunch. | **PG**  +PIWO13-010+ |

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| 14:00 | **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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| 15:00 | **Chopped: Alton's Challenge, Pt. 3 (R)**  The chefs explore the wonders of molecular gastronomy in the third Alton's Challenge battle. | **PG**  +CHPD34-003+ |

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| 16:00 | **The Great Food Truck Race: Family Face-Off: Things Get Berry Interesting (R)**  The five remaining food truck teams head up the Pacific Coast Highway to Ventura County, where they're the main attraction at the California Strawberry Festival. | **PG**  +GFTR07-002+ |

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| 17:00 | **Mystery Diners: Missing Links (R)**  The manager of a golf course in Hollywood, Florida, asks the team to investigate complaints about non-members playing for free. However, a bigger problem is discovered in the club's dining room. | **PG (L,A)**  +MYSD10-008+ |

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| 17:30 | **Mystery Diners: History Mystery (R)**  The owner of "Old Vinings Inn", a historical restaurant in Atlanta, asks Charles and the team to investigate whether Civil War tours are taking place, without his permission. | **PG (L,A)**  +MYSD10-009+ |

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| 18:00 | **Mystery Diners: Red Ink (R)**  A drop in food and tattoo sales at the "Anchor Bar and Tattoo" in Atlanta is investigated by Charles and the team. | **PG (L,A)**  +MYSD10-010+ |

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| 18:30 | **Mystery Diners: Tour Bust (R)**  The father-son owners of "Star Cafe" and "Star Coaches" in Atlanta, worry about missing food in their kitchen and a rise in fuel expenses on their tour buses. | **PG (L,A)**  +MYSD10-011+ |

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

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| 21:00 | **Restaurant: Impossible: Living In The Dark Ages (R)**  Chef Robert Irvine tackles his first-ever theme restaurant, when he comes to the aid of Buzz, the owner of Cave Inn BBQ, a new caveman/dinosaur themed restaurant. | **PG**  +RIMP08-011+ |

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| 22:00 | **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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| 23:00 | **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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| 00:00 | **Around The World With Manu: Japan (R)**  As Manu heads passed the half way mark on his journey around the world, he heads to Tokyo, a city he is keen to dig down into. | **PG**  +AWWM01-005+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 26 (R) ’CC’**  Sammie is travelling through the heart of Queensland on a road trip to some of the Outback's best events. Taking in some of this beautiful scenery and meeting a few colourful characters along the way. | **G**  +7QWE18-026+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2018 Ep: 14 (R) ’CC’**  Roger goes snorkelling safari style, Scott teams up with local father-son duo and Olivia has an amazing yabby hack. | **G**  +7CTC18-014+ |
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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike heads to the Snowy Mountains and goes on a river sled tour with Activate Lake Crackenback. Fliss heads for the Wyong Milk Factory. Teigan goes to Skater HQ to have fun while getting fit. | **G**  +7SWE26-003+ |

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| 03:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-023+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 26 (R) ’CC’**  Sammie is travelling through the heart of Queensland on a road trip to some of the Outback's best events. Taking in some of this beautiful scenery and meeting a few colourful characters along the way. | **G**  +7QWE18-026+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2018 Ep: 14 (R) ’CC’**  Roger goes snorkelling safari style, Scott teams up with local father-son duo and Olivia has an amazing yabby hack. | **G**  +7CTC18-014+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 30 (R) ’CC’**  Spring is so close you can almost smell it, to celebrate Jillian uncovers upcoming spring events. Laurel explores the exquisite gardens of the Lockyer Valley and Loretta Ryan shares her Great Day Out. | **G**  +GDOT19-030+ |

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| 05:30 | **Home In WA (R)**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-002+ |