**Sunday 30 December 2018**

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| 06:00 | **My France With Manu: Brittany (R) ’CC’**  Manu Feildel takes us home to the French province of Brittany and shares his story. He visits his mother in Guidel, relives his first apprenticeship and ccoks with his Uncle at his charcuterie. | **PG**  +MANU-001+ |

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| 07:00 | **Iron Chef America: Izard VS. Blamey (R)**  It's the Chairman's special grill battle, and New York burger master, Chef Victoria Blamey, has a beef with Iron Chef Stephanie Izard. | **PG**  +ICAM13-001+ |

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| 08:00 | **Iron Chef America: Izard VS. Battes (R)**  Chef Erik Battes - a fruit of Iron Chef Morimoto's culinary tree - applies modern takes to an ancient ingredient in a battle against Iron Chef Stephanie Izard. | **PG**  +ICAM13-002+ |

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| 09:00 | **Holiday Baking Championship: Re-Gifting (R)**  Eight bakers enter the kitchen to show off their traditions and baking skills on Holiday Baking Championship. | **PG**  +HOBC02-007+ |

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| 10:00 | **Holiday Baking Championship: Holidays Hoopla (R)**  Eight bakers enter the kitchen to show off their traditions and baking skills on Holiday Baking Championship. | **PG**  +HOBC02-008+ |

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| 11:00 | **Guy's Grocery Games: Last Judge Standing Tournament, Pt. 2 (R)**  Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG**  +GUGG15-006+ |

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| 12:00 | **My France With Manu: Brittany (R) ’CC’**  Manu Feildel takes us home to the French province of Brittany and shares his story. He visits his mother in Guidel, relives his first apprenticeship and ccoks with his Uncle at his charcuterie. | **PG**  +MANU-001+ |

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| 13:00 | **Iron Chef America: Izard VS. Blamey (R)**  It's the Chairman's special grill battle, and New York burger master, Chef Victoria Blamey, has a beef with Iron Chef Stephanie Izard. | **PG**  +ICAM13-001+ |

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| 14:00 | **Iron Chef America: Izard VS. Battes (R)**  Chef Erik Battes - a fruit of Iron Chef Morimoto's culinary tree - applies modern takes to an ancient ingredient in a battle against Iron Chef Stephanie Izard. | **PG**  +ICAM13-002+ |

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| 15:00 | **Holiday Baking Championship: Re-Gifting (R)**  Eight bakers enter the kitchen to show off their traditions and baking skills on Holiday Baking Championship. | **PG**  +HOBC02-007+ |

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| 16:00 | **Holiday Baking Championship: Holidays Hoopla (R)**  Eight bakers enter the kitchen to show off their traditions and baking skills on Holiday Baking Championship. | **PG**  +HOBC02-008+ |

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| 17:00 | **Kid's Baking Championship: You're In The Ballpark (R)**  Thirteen-year-old singing ventriloquist Darci Lynne and her puppet Petunia hang out at the ballpark with Valerie Bertinelli and Duff Goldman while they enjoy their favorite stadium snack. | **PG**  +KBAC05-005+ |

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| 18:00 | **Kid's Baking Championship: Bite-Sized Birthday Party NEW EPISODE**  Valerie Bertinelli and Duff Goldman love birthday parties at the park so they're taking this inspiration to the Big Bake Challenge. | **PG**  +KBAC05-006+ |

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

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| 19:30 | **Cake Wars: Magic (R) NEW EPISODE**  Grab a hat and wand and prepare to cast a spell as Cake Wars takes on magic. | **PG**  +CAKW04-005+ |

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| 20:30 | **Cupcake Wars: Teenage Mutant Ninja Turtles NEW EPISODE**  Four bakers, all husband and wife teams, will have to become ninjas in the kitchen in order to win the battle to serve their cupcakes at a cast and crew party for the new animated series. | **PG**  +CUPW07-005+ |

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| 21:30 | **Cake Masters: Duff's Rockin' Dockers Cake NEW EPISODE**  Duff Goldman and his crew get a casual khaki makeover and fashion an amazing cake for Dockers' anniversary, complete with a giant ship, dock and San Francisco cityscape. | **PG**  +CAMA01-005+ |

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| 22:30 | **Ridiculous Cakes: It's Vegas, Baby (R)**  It will take a cake artist more than luck to deliver a wedding cake worthy of the famed Vegas strip. | **PG**  +RICA02-005+ |

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| 23:00 | **Kid's Baking Championship: You're In The Ballpark (R)**  Thirteen-year-old singing ventriloquist Darci Lynne and her puppet Petunia hang out at the ballpark with Valerie Bertinelli and Duff Goldman while they enjoy their favorite stadium snack. | **PG**  +KBAC05-005+ |

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| 00:00 | **Kid's Baking Championship: Bite-Sized Birthday Party (R)**  Valerie Bertinelli and Duff Goldman love birthday parties at the park so they're taking this inspiration to the Big Bake Challenge. | **PG**  +KBAC05-006+ |

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| 01:00 | **My Restaurant Rules (R)**  Couples with a dream of starting up their own business will be given a budget to build their own dream restaurant, but they must compete with other couples to keep their restaurant. | **PG**  +MYRR-025+ |

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| 02:00 | **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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| 02:30 | **The Great Day Out (R) ’CC’**  Alastair is celebrating seafood in the river city, Tamsyn is previewing the Gold Coast's SWELL Sculpture Festival and country boy Adam Brand shares his Great Day Out. | **G**  +GDOT18-029+ |

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| 03:00 | **Queensland Weekender (R) ’CC’**  Victoria is on a sandy four-wheel drive trail that mixes adventure with indulgence, Kip is checking out the Central West Music Makers and Duane is heading down stream in tropical north Queensland. | **G**  +7QWE18-030+ |

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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**  +SAWE17-026+ |

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| 04:00 | **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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| 04:30 | **The Great Day Out (R) ’CC’**  Alastair is celebrating seafood in the river city, Tamsyn is previewing the Gold Coast's SWELL Sculpture Festival and country boy Adam Brand shares his Great Day Out. | **G**  +GDOT18-029+ |

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| 05:00 | **My Restaurant Rules (R)**  Couples with a dream of starting up their own business will be given a budget to build their own dream restaurant, but they must compete with other couples to keep their restaurant. | **PG**  +MYRR-025+ |

**Monday 31 December 2018**

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| 06:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE17-026+ |

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| 06:30 | **Better Homes And Gardens (R) ’CC’**  Joh visits jockey legends Katelyn Mallyon and James McDonald. Adam makes a cube light. Karen makes a whole baguette with king prawn, minted cabbage and crispy pancetta. | **G**  +BHAG24-038+ |

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| 08:00 | **Cake Wars: Magic (R)**  Grab a hat and wand and prepare to cast a spell as Cake Wars takes on magic. | **PG**  +CAKW04-005+ |

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| 09:00 | **Cupcake Wars: Teenage Mutant Ninja Turtles (R)**  Four bakers, all husband and wife teams, will have to become ninjas in the kitchen in order to win the battle to serve their cupcakes at a cast and crew party for the new animated series. | **PG**  +CUPW07-005+ |

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| 10:00 | **Cake Masters: Duff's Rockin' Dockers Cake (R)**  Duff Goldman and his crew get a casual khaki makeover and fashion an amazing cake for Dockers' anniversary, complete with a giant ship, dock and San Francisco cityscape. | **PG**  +CAMA01-005+ |

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| 11:00 | **Kid's Baking Championship: You're In The Ballpark (R)**  Thirteen-year-old singing ventriloquist Darci Lynne and her puppet Petunia hang out at the ballpark with Valerie Bertinelli and Duff Goldman while they enjoy their favorite stadium snack. | **PG**  +KBAC05-005+ |

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| 12:00 | **Kid's Baking Championship: Bite-Sized Birthday Party (R)**  Valerie Bertinelli and Duff Goldman love birthday parties at the park so they're taking this inspiration to the Big Bake Challenge. | **PG**  +KBAC05-006+ |

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| 13:00 | **Cake Masters: Duff's Rockin' Dockers Cake (R)**  Duff Goldman and his crew get a casual khaki makeover and fashion an amazing cake for Dockers' anniversary, complete with a giant ship, dock and San Francisco cityscape. | **PG**  +CAMA01-005+ |

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| 14:00 | **Giada At Home: An Italian Christmas**  Giada De Laurentiis hosts Christmas Eve dinner to celebrate The Feast of the Seven Fishes with her Italian family. | **PG**  +GIHO07-010+ |

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| 14:30 | **The Kitchen: Jolly Good Holiday NEW EPISODE**  The Kitchen is bringing good tidings and a great menu for holiday cheer. To start, Geoffrey Zakarian serves Beef Tenderloin with Jeff Mauro's Blue Cheesy Yorkshire Puddings. | **PG**  +TKIT15-009+ |

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| 15:30 | **The Pioneer Woman: Double Game Day NEW EPISODE**  Ree Drummond's family is football crazy, and her and Ladd's alma maters are playing on TV, so she's preparing a game night spread. | **PG**  +PIWO12-009+ |

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| 16:00 | **Cake Wars: Magic (R)**  Grab a hat and wand and prepare to cast a spell as Cake Wars takes on magic. | **PG**  +CAKW04-005+ |

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| 18:00 | **Ridiculous Cakes: It's Vegas, Baby (R)**  It will take a cake artist more than luck to deliver a wedding cake worthy of the famed Vegas strip. | **PG**  +RICA02-005+ |

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| 18:30 | **Chopped: Alton's Challenge, Pt. 1 NEW EPISODE**  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 | **Best Baker In America: Modern Classics**  The four remaining bakers vie for the finale as they make mini mirror glaze cakes - perfectly mirrored on the outside with layered mousse on the inside - in the Skills Challenge. | **PG**  +BBIA01-005+ |

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| 20:30 | **Spring Baking Championship**  It's time for the country's top bakers to take on springtime treats as they enter the kitchen to show off their superb baking skills. | **PG**  +SPBC04-001+ |

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| 21:30 | **TBA:**  TBC | ++ |

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| 22:30 | **Best Baker In America: Modern Classics (R)**  The four remaining bakers vie for the finale as they make mini mirror glaze cakes - perfectly mirrored on the outside with layered mousse on the inside - in the Skills Challenge. | **PG**  +BBIA01-005+ |

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| 00:30 | **My Restaurant Rules (R)**  Couples with a dream of starting up their own business will be given a budget to build their own dream restaurant, but they must compete with other couples to keep their restaurant. | **PG**  +MYRR-026+ |

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| 01:30 | **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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| 02:00 | **The Great Day Out ’CC’**  Jess discovers what's happening on the Gold Coast these school holidays. Alastair's on a south east QLD food trail while Sofie is at a beautiful country retreat west of Brisbane. | **G**  +GDOT18-030+ |

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| 02:30 | **Queensland Weekender (R) ’CC’**  Lee has the ultimate guide to the Whitsundays with plenty of adventure thrown in. | **G**  +7QWE18-031+ |

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| 03:00 | **Creek To Coast (R) ’CC’**  Roger, Chris and hundreds of caravans, what could go wrong? Liz has all the action from the Quiksilver and Roxy Pro. Meanwhile the boys have their toys and it's mackerel mayhem. | **G**  +7CTC18-006+ |

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| 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**  +SAWE17-027+ |

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| 04:00 | **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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| 04:30 | **The Great Day Out (R) ’CC’**  Jess discovers what's happening on the Gold Coast these school holidays. Alastair's on a south east QLD food trail while Sofie is at a beautiful country retreat west of Brisbane. | **G**  +GDOT18-030+ |

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| 05:00 | **My Restaurant Rules (R)**  Couples with a dream of starting up their own business will be given a budget to build their own dream restaurant, but they must compete with other couples to keep their restaurant. | **PG**  +MYRR-026+ |

**Tuesday 01 January 2019**

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| 06:00 | **Creek To Coast (R) ’CC’**  Roger, Chris and hundreds of caravans, what could go wrong? Liz has all the action from the Quiksilver and Roxy Pro. Meanwhile the boys have their toys and it's mackerel mayhem. | **G**  +7CTC18-006+ |

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| 06:30 | **The Pioneer Woman: Double Game Day (R)**  Ree Drummond's family is football crazy, and her and Ladd's alma maters are playing on TV, so she's preparing a game night spread. | **PG**  +PIWO12-009+ |

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

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| 07:30 | **The Kitchen: Jolly Good Holiday (R)**  The Kitchen is bringing good tidings and a great menu for holiday cheer. To start, Geoffrey Zakarian serves Beef Tenderloin with Jeff Mauro's Blue Cheesy Yorkshire Puddings. | **PG**  +TKIT15-009+ |

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| 08:30 | **TBA:**  TBC | ++ |

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| 09:30 | **Spring Baking Championship (R)**  It's time for the country's top bakers to take on springtime treats as they enter the kitchen to show off their superb baking skills. | **PG**  +SPBC04-001+ |

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| 12:00 | **TBA:**  TBC | ++ |

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| 13:00 | **Giada At Home: Festive Desserts**  Giada De Laurentiis makes delectable desserts that would be perfect for a fancy party. | **PG**  +GIHO07-011+ |

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| 13:30 | **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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| 14:30 | **The Kitchen: Brunch Resolutions NEW EPISODE**  The Kitchen kicks off the New Year with resolutions for brunch. Geoffrey Zakarian starts off with one of Spain's most popular dishes, a Brunch Tortilla. | **PG**  +TKIT15-010+ |

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| 15:30 | **The Pioneer Woman: Kitchen Confessional: Four Seasons On The Ranch NEW EPISODE**  Ree Drummond is giving the lowdown on how her life and food change during the different seasons on the ranch. | **PG**  +PIWO12-010+ |

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| 18:30 | **Chopped: Alton's Challenge, Pt. 2 NEW EPISODE**  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 | **Mystery Diners: Lobster Looting**  Brother-sister owners Richard and Marilyn of Langosta Lounge in Asbury Park, N.J. contact Charles Stiles after noticing a discrepancy in their lobster supply. | **PG (L,A)**  +MYSD11-009+ |

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| 20:00 | **Mystery Diners: Hot Meat**  After receiving deals that are too good to be true, Tony, the owner of Rivoli's in Tom's River, N.J., believes his new meat purveyor is selling him stolen goods. | **PG (L,A)**  +MYSD11-010+ |

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| 20:30 | **Restaurant Impossible: Meet The Impossible NEW EPISODE**  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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| 21:30 | **Restaurant Impossible: The Writing On THe Wall NEW EPISODE**  Daniel is the owner and operator of a successful sawmill, and thought he would be able to run Big Jim's Bama Q in Hammondville. But his naiveness has instead left him seeking Chef Robert. | **PG**  +RIMP08-010+ |

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| 22:30 | **Mystery Diners: Lobster Looting (R)**  Brother-sister owners Richard and Marilyn of Langosta Lounge in Asbury Park, N.J. contact Charles Stiles after noticing a discrepancy in their lobster supply. | **PG (L,A)**  +MYSD11-009+ |

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| 00:30 | **My Restaurant Rules: Surprise Review (R)**  Couples with a dream of starting up their own business will be given a budget to build their own dream restaurant, but they must compete with other couples to keep their restaurant. | **PG**  +MYRR-027+ |

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| 01:30 | **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,LEA WILSON,ROSE JACKSON,MIKE WHITNEY | **G**  +7SWE25-031+ |

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| 02:00 | **The Great Day Out (R) ’CC’**  Billy is at a fabulous free event that you may not have heard of, The Sound Society. Brisbane Heat batsman Sam Heazlett shares his Great Day Out while Sofie is on beautiful Kingfisher Island. | **G**  +GDOT18-031+ |

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| 02:30 | **Queensland Weekender (R) ’CC’**  Daredevil Duane takes to the skies, Sammie is meeting turtles on Lady Musgrave Island while Luke and Cody are taking a train trip. | **G**  +7QWE18-032+ |

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| 03:00 | **Creek To Coast (R) ’CC’**  Meet our new presenter Olivia, Andrew is on the hunt for mackerel, Roger gets out of a sticky situation and Scotty is on the Boyne River. | **G**  +7CTC18-007+ |

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| 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**  +SAWE17-028+ |

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| 04:00 | **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,LEA WILSON,ROSE JACKSON,MIKE WHITNEY | **G**  +7SWE25-031+ |

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**Wednesday 02 January 2019**

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| 06:00 | **Creek To Coast (R) ’CC’**  Meet our new presenter Olivia, Andrew is on the hunt for mackerel, Roger gets out of a sticky situation and Scotty is on the Boyne River. | **G**  +7CTC18-007+ |

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| 06:30 | **The Pioneer Woman: Kitchen Confessional: Four Seasons On The Ranch (R)**  Ree Drummond is giving the lowdown on how her life and food change during the different seasons on the ranch. | **PG**  +PIWO12-010+ |

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| 07:00 | **Giada At Home: Festive Desserts (R)**  Giada De Laurentiis makes delectable desserts that would be perfect for a fancy party. | **PG**  +GIHO07-011+ |

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

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| 08:30 | **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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| 09:30 | **Restaurant Impossible: The Writing On THe Wall (R)**  Daniel is the owner and operator of a successful sawmill, and thought he would be able to run Big Jim's Bama Q in Hammondville. But his naiveness has instead left him seeking Chef Robert. | **PG**  +RIMP08-010+ |

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| 10:30 | **The Pioneer Woman: Kitchen Confessional: Four Seasons On The Ranch (R)**  Ree Drummond is giving the lowdown on how her life and food change during the different seasons on the ranch. | **PG**  +PIWO12-010+ |

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| 11:00 | **The Kitchen: Brunch Resolutions (R)**  The Kitchen kicks off the New Year with resolutions for brunch. Geoffrey Zakarian starts off with one of Spain's most popular dishes, a Brunch Tortilla. | **PG**  +TKIT15-010+ |

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| 12:00 | **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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| 13:00 | **Giada At Home: Restaurant Tips**  Giada De Laurentiis gives tips on how to make restaurant-style dishes in your own kitchen. The dishes are easy, but impressive and delicious. | **PG**  +GIHO07-012+ |

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| 13:30 | **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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| 14:30 | **The Kitchen: Hearty And Healthy NEW EPISODE**  The Kitchen is making flavorful and veggie-packed recipes. Jeff Mauro shares his Chicken Pot Pie with Butternut Squash Gravy and Katie Lee adds her Chicken Alfredo Spaghetti Squash Boats to the menu. | **PG**  +TKIT15-011+ |

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| 15:30 | **The Pioneer Woman: Four Shades Of Chocolate NEW EPISODE**  Ree Drummond is whipping up the most decadent chocolate treats from white chocolate all the way down to dark. | **PG**  +PIWO12-011+ |

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

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| 16:30 | **Restaurant Impossible: The Writing On THe Wall (R)**  Daniel is the owner and operator of a successful sawmill, and thought he would be able to run Big Jim's Bama Q in Hammondville. But his naiveness has instead left him seeking Chef Robert. | **PG**  +RIMP08-010+ |

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| 17:30 | **Mystery Diners: Lobster Looting (R)**  Brother-sister owners Richard and Marilyn of Langosta Lounge in Asbury Park, N.J. contact Charles Stiles after noticing a discrepancy in their lobster supply. | **PG (L,A)**  +MYSD11-009+ |

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| 18:00 | **Mystery Diners: Hot Meat (R)**  After receiving deals that are too good to be true, Tony, the owner of Rivoli's in Tom's River, N.J., believes his new meat purveyor is selling him stolen goods. | **PG (L,A)**  +MYSD11-010+ |

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

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| 19:30 | **Ramsay's Hotel Hell: Meson De Mesilla (R) ’CC’**  Gordon Ramsay travels across the US to fix some of its most horrendous hotels, troubled inns and struggling resorts. He will endure hotels at their worst, all so unsuspecting guests don't have to. Starring:GORDON RAMSAY | **M (L)**  +HELL02-001+ |

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| 20:30 | **Ramsay's Kitchen Nightmares USA: Ms Jean's (R) ’CC’**  Chef Ramsay visits Ms. Jean’s Southern Cuisine in Wilkinsburg, PA, which is run by retired special education teacher Jean Gould. Starring:GORDON RAMSAY | **M (L)**  +KNUS06-004+ |

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| 21:30 | **Ramsay's Kitchen Nightmares USA: Barefoot Bob's Beach Grill (R) ’CC’**  Barefoot Bob’s is a successful beachside grill, but they struggle to stay open in the winter months. Can Chef Ramsay help this seasonal restaurant stay open year-round? Starring:GORDON RAMSAY | **M (L)**  +KNUS06-005+ |

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| 22:30 | **Ramsay's Kitchen Nightmares USA: Revisited #1 (R) ’CC’**  Chef Ramsay catches up with some of his worst nightmares. Starring:GORDON RAMSAY | **M (L)**  +KNUS06-006+ |

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| 23:30 | **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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| 00:30 | **My Restaurant Rules (R)**  Couples with a dream of starting up their own business will be given a budget to build their own dream restaurant, but they must compete with other couples to keep their restaurant. | **PG**  +MYRR-028+ |

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| 01:30 | **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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| 02:00 | **The Great Day Out (R) ’CC’**  Laurel digs deeper into the story behind the new David Williamson play that is in town. Luke gets creative in Currumbin while Sofie has a few ideas to help you destress on the Sunshine Coast. | **G**  +GDOT18-032+ |

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| 02:30 | **Queensland Weekender (R) ’CC’**  Duane is on a north Queensland mountain bike challenge, Kip is on a Man vs. Pancake challenge and Bridget discovers a secret on the Great Barrier Reef. | **G**  +7QWE18-033+ |

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| 03:00 | **Creek To Coast (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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| 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**  +SAWE17-029+ |

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| 04:00 | **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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| 04:30 | **The Great Day Out (R) ’CC’**  Laurel digs deeper into the story behind the new David Williamson play that is in town. Luke gets creative in Currumbin while Sofie has a few ideas to help you destress on the Sunshine Coast. | **G**  +GDOT18-032+ |

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| 05:00 | **My Restaurant Rules (R)**  Couples with a dream of starting up their own business will be given a budget to build their own dream restaurant, but they must compete with other couples to keep their restaurant. | **PG**  +MYRR-028+ |

**Thursday 03 January 2019**

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| 06:00 | **Creek To Coast (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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| 06:30 | **The Pioneer Woman: Four Shades Of Chocolate (R)**  Ree Drummond is whipping up the most decadent chocolate treats from white chocolate all the way down to dark. | **PG**  +PIWO12-011+ |

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| 07:00 | **Giada At Home: Restaurant Tips (R)**  Giada De Laurentiis gives tips on how to make restaurant-style dishes in your own kitchen. The dishes are easy, but impressive and delicious. | **PG**  +GIHO07-012+ |

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

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| 08:30 | **Better Homes And Gardens (R) ’CC’**  Joh visits Invisible House in the Blue Mountains. Adam makes some wine bottle holders with a difference. Fast Ed makes some salami-wrapped antipasti. | **G**  +BHAG24-039+ |

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| 10:00 | **Intolerant Cooks: Ep 5 - You Say Yummy's... (R)**  Join witty food intolerants as they create delicious recipes using fresh regional produce for those with food sensitivities. | **PG**  +INTC04-005+ |

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| 10:30 | **The Pioneer Woman: Four Shades Of Chocolate (R)**  Ree Drummond is whipping up the most decadent chocolate treats from white chocolate all the way down to dark. | **PG**  +PIWO12-011+ |

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| 11:00 | **The Kitchen: Hearty And Healthy (R)**  The Kitchen is making flavorful and veggie-packed recipes. Jeff Mauro shares his Chicken Pot Pie with Butternut Squash Gravy and Katie Lee adds her Chicken Alfredo Spaghetti Squash Boats to the menu. | **PG**  +TKIT15-011+ |

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| 12:00 | **Guy's Grocery Games: Pizza Masters (R)**  It's sur-pie-val of the fittest when four dough throwers compete in a pizza playoff. | **PG**  +GUGG15-002+ |

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| 13:00 | **Giada At Home**  Giada De Laurentiis creates a spa day menu featuring Farro and Kale Salad, Peas and Carrots, plus Almond and Peach Toasts. | **PG**  +GIHO07-013+ |

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| 13:30 | **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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| 14:30 | **The Kitchen: Flavors That Whisk You Away NEW EPISODE**  The gang takes a tropical trip and Katie Lee begins with her Slow Cooker Hawaiian Pulled Pork, then Jeff Mauro serves up a crispy Hash Brown Crusted Halibut. | **PG**  +TKIT15-012+ |

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| 15:30 | **The Pioneer Woman: Special Day NEW EPISODE**  Ree Drummond's daughter Paige is spending the day watching some of the younger kids, so Ree packs them some fun treats for a late-afternoon picnic. | **PG**  +PIWO12-012+ |

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

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| 16:30 | **Guy's Grocery Games: Pizza Masters (R)**  It's sur-pie-val of the fittest when four dough throwers compete in a pizza playoff. | **PG**  +GUGG15-002+ |

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| 17:30 | **Rachael Ray's Week In A Day: Italian Comfort (R)**  Five soul-soothing Italian comfort food dishes that'll help you beat the holiday stress. | **PG**  +WIAD05-002+ |

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| 18:30 | **Chopped: Alton's Challenge, Pt. 4 NEW EPISODE**  For the fourth battle of Alton's Challenge, Alton Brown demonstrates the mad science of champagne and the competitors embrace a fermentation theme. | **PG**  +CHPD34-004+ |

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| 19:30 | **The Great Food Truck Race: Family Face-Off: An Egg-Cellent Adventure NEW EPISODE**  The four remaining family food truck teams head inland to the Santa Barbara Wine County, where they must face a challenge involving ostriches. | **PG**  +GFTR07-003+ |

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| 20:30 | **Diners, Drive-Ins And Dives: College-Town Champs**  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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| 21:00 | **Diners, Drive-Ins And Dives: Breakfast, Brisket And Belly**  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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| 21:30 | **Bizarre Foods With Andrew Zimmern: Pennsylvania NEW EPISODE**  Andrew takes to the road to sample the Pennsylvania staples most people never hear about. | **PG (A)**  +BIFO04-005+ |

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| 22:30 | **The Great Food Truck Race: Family Face-Off: An Egg-Cellent Adventure (R)**  The four remaining family food truck teams head inland to the Santa Barbara Wine County, where they must face a challenge involving ostriches. | **PG**  +GFTR07-003+ |

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| 23:30 | **Chopped: Alton's Challenge, Pt. 4 (R)**  For the fourth battle of Alton's Challenge, Alton Brown demonstrates the mad science of champagne and the competitors embrace a fermentation theme. | **PG**  +CHPD34-004+ |

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| 00:30 | **My Restaurant Rules: Shutdown #3 (R)**  Couples with a dream of starting up their own business will be given a budget to build their own dream restaurant, but they must compete with other couples to keep their restaurant. | **PG**  +MYRR-029+ |

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| 01:30 | **Sydney Weekender (R) ’CC’**  Mike heads to Norfolk Island. Karen discovers that green is the new black, after dining at two eateries in Sydney's Eastern suburbs which set the scene with green Erica visits Broome. Starring:ERICA DAVIS,KAREN LEDBURY,PETE WELLS,MIKE WHITNEY,TEIGAN NASH | **G**  +7SWE25-033+ |

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| 02:00 | **The Great Day Out (R) ’CC’**  Laurel takes a tour that offers a different perspective of Brisbane. Jess is at an adventure lovers playground while Sofie is discovering vegan alternatives in the south east. | **G**  +GDOT18-033+ |

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| 02:30 | **Queensland Weekender (R) ’CC’**  Bridget is on an off-road adventure on Bribie Island, we meet Ranger Annie from Kingfisher Bay Resort who recently had some royal guests while Chris is on Bedarra Island the ultimate in luxury. | **G**  +7QWE18-034+ |

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| 03:00 | **Creek To Coast (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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| 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**  +SAWE17-030+ |

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| 04:00 | **Sydney Weekender (R) ’CC’**  Mike heads to Norfolk Island. Karen discovers that green is the new black, after dining at two eateries in Sydney's Eastern suburbs which set the scene with green Erica visits Broome. Starring:ERICA DAVIS,KAREN LEDBURY,PETE WELLS,MIKE WHITNEY,TEIGAN NASH | **G**  +7SWE25-033+ |

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| 04:30 | **The Great Day Out (R) ’CC’**  Laurel takes a tour that offers a different perspective of Brisbane. Jess is at an adventure lovers playground while Sofie is discovering vegan alternatives in the south east. | **G**  +GDOT18-033+ |

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| 05:00 | **My Restaurant Rules: Shutdown #3 (R)**  Couples with a dream of starting up their own business will be given a budget to build their own dream restaurant, but they must compete with other couples to keep their restaurant. | **PG**  +MYRR-029+ |

**Friday 04 January 2019**

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| 06:00 | **Creek To Coast (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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| 06:30 | **The Pioneer Woman: Special Day (R)**  Ree Drummond's daughter Paige is spending the day watching some of the younger kids, so Ree packs them some fun treats for a late-afternoon picnic. | **PG**  +PIWO12-012+ |

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| 07:00 | **Giada At Home (R)**  Giada De Laurentiis creates a spa day menu featuring Farro and Kale Salad, Peas and Carrots, plus Almond and Peach Toasts. | **PG**  +GIHO07-013+ |

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

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| 08:30 | **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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| 09:00 | **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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| 09:30 | **Bizarre Foods With Andrew Zimmern: Pennsylvania (R)**  Andrew takes to the road to sample the Pennsylvania staples most people never hear about. | **PG (A)**  +BIFO04-005+ |

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| 10:30 | **The Pioneer Woman: Special Day (R)**  Ree Drummond's daughter Paige is spending the day watching some of the younger kids, so Ree packs them some fun treats for a late-afternoon picnic. | **PG**  +PIWO12-012+ |

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| 11:00 | **The Kitchen: Flavors That Whisk You Away (R)**  The gang takes a tropical trip and Katie Lee begins with her Slow Cooker Hawaiian Pulled Pork, then Jeff Mauro serves up a crispy Hash Brown Crusted Halibut. | **PG**  +TKIT15-012+ |

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| 12:00 | **Bizarre Foods With Andrew Zimmern: Pennsylvania (R)**  Andrew takes to the road to sample the Pennsylvania staples most people never hear about. | **PG (A)**  +BIFO04-005+ |

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| 13:00 | **Giada At Home: Career Day**  Giada De Laurentiis visits her daughter, Jade's, school for a career day presentation. Giada creates a kid-friendly menu for the students to enjoy including Kids Sushi. | **PG**  +GIHO06-001+ |

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| 13:30 | **Chopped: Alton's Challenge, Pt. 4 (R)**  For the fourth battle of Alton's Challenge, Alton Brown demonstrates the mad science of champagne and the competitors embrace a fermentation theme. | **PG**  +CHPD34-004+ |

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

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

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| 16:00 | **Giada At Home (R)**  Giada De Laurentiis creates a spa day menu featuring Farro and Kale Salad, Peas and Carrots, plus Almond and Peach Toasts. | **PG**  +GIHO07-013+ |

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| 16:30 | **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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| 17:00 | **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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| 17:30 | **The Great Food Truck Race: Family Face-Off: An Egg-Cellent Adventure (R)**  The four remaining family food truck teams head inland to the Santa Barbara Wine County, where they must face a challenge involving ostriches. | **PG**  +GFTR07-003+ |

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| 18:30 | **Chopped: Alton's Challenge, Grand Finale NEW EPISODE**  Expect the ultimate in brainy, zany baskets from Alton Brown, as four Challenge champions return to fight for $50,000. | **PG**  +CHPD34-005+ |

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| 19:30 | **The Great Food Truck Race: Family Face-Off: A Dessert In The Desert NEW EPISODE**  The final three teams brave the sweltering desert heat of Palm Springs, Calif. as they take on a challenge that tasks them with making something sweet to eat. | **PG**  +GFTR07-004+ |

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| 20:30 | **Cutthroat Kitchen: The Long Tools And Short Cake Of It NEW EPISODE**  A chef has to make breakfast hash in a bunk bed. Then, another chef has to recreate Alton's hike out of the Grand Canyon. Finally, a chef has to make strawberry shortcake with long tools. | **PG**  +CUTK06-009+ |

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| 21:30 | **Cutthroat Kitchen: The Cone Ranger NEW EPISODE**  Two chefs have to cook breakfast as a tag team. Then, another chef gets to chop up someone's pork chop with an ax. Finally, someone has to cook an ice cream cone in traffic cones. | **PG**  +CUTK06-010+ |

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| 22:30 | **The Great Food Truck Race: Family Face-Off: A Dessert In The Desert (R)**  The final three teams brave the sweltering desert heat of Palm Springs, Calif. as they take on a challenge that tasks them with making something sweet to eat. | **PG**  +GFTR07-004+ |

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| 23:30 | **Chopped: Alton's Challenge, Grand Finale (R)**  Expect the ultimate in brainy, zany baskets from Alton Brown, as four Challenge champions return to fight for $50,000. | **PG**  +CHPD34-005+ |

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| 00:30 | **My Restaurant Rules: The Last Supper (R)**  Couples with a dream of starting up their own business will be given a budget to build their own dream restaurant, but they must compete with other couples to keep their restaurant. | **PG**  +MYRR-030+ |

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| 01:30 | **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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| 02:00 | **The Great Day Out (R) ’CC’**  Jess discovers a delicious antidote to fast food, we learn the benefits of a Girls Night In, swimming superstar Ariarne Titmus shares her Great Day Out while Sofie is enjoying a little island time. | **G**  +GDOT18-034+ |

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| 02:30 | **Queensland Weekender (R) ’CC’**  Today on Queensland Weekender it is Tourism Award season and we celebrate the state’s best of the best. | **G**  +7QWE18-035+ |

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| 03:00 | **Creek To Coast ’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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| 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**  +SAWE17-031+ |

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| 04:00 | **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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| 04:30 | **The Great Day Out (R) ’CC’**  Jess discovers a delicious antidote to fast food, we learn the benefits of a Girls Night In, swimming superstar Ariarne Titmus shares her Great Day Out while Sofie is enjoying a little island time. | **G**  +GDOT18-034+ |

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| 05:00 | **My Restaurant Rules: The Last Supper (R)**  Couples with a dream of starting up their own business will be given a budget to build their own dream restaurant, but they must compete with other couples to keep their restaurant. | **PG**  +MYRR-030+ |

**Saturday 05 January 2019**

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| 06:00 | **Creek To Coast (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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| 06:30 | **The Pioneer Woman: Feeding 101 (R)**  While Ree Drummond's husband, Ladd, gives a lesson on feeding the ranch's cattle, Ree's in the kitchen cooking up three comforting make-ahead meals. | **PG**  +PIWO12-013+ |

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| 07:00 | **Giada At Home: Career Day (R)**  Giada De Laurentiis visits her daughter, Jade's, school for a career day presentation. Giada creates a kid-friendly menu for the students to enjoy including Kids Sushi. | **PG**  +GIHO06-001+ |

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

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| 08:30 | **Cutthroat Kitchen: The Long Tools And Short Cake Of It (R)**  A chef has to make breakfast hash in a bunk bed. Then, another chef has to recreate Alton's hike out of the Grand Canyon. Finally, a chef has to make strawberry shortcake with long tools. | **PG**  +CUTK06-009+ |

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| 09:30 | **Cutthroat Kitchen: The Cone Ranger (R)**  Two chefs have to cook breakfast as a tag team. Then, another chef gets to chop up someone's pork chop with an ax. Finally, someone has to cook an ice cream cone in traffic cones. | **PG**  +CUTK06-010+ |

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| 10:30 | **The Pioneer Woman: Feeding 101 (R)**  While Ree Drummond's husband, Ladd, gives a lesson on feeding the ranch's cattle, Ree's in the kitchen cooking up three comforting make-ahead meals. | **PG**  +PIWO12-013+ |

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

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| 12:00 | **The Great Food Truck Race: Family Face-Off: A Dessert In The Desert (R)**  The final three teams brave the sweltering desert heat of Palm Springs, Calif. as they take on a challenge that tasks them with making something sweet to eat. | **PG**  +GFTR07-004+ |

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| 13:00 | **Cutthroat Kitchen: The Long Tools And Short Cake Of It (R)**  A chef has to make breakfast hash in a bunk bed. Then, another chef has to recreate Alton's hike out of the Grand Canyon. Finally, a chef has to make strawberry shortcake with long tools. | **PG**  +CUTK06-009+ |

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| 14:00 | **Cutthroat Kitchen: The Cone Ranger (R)**  Two chefs have to cook breakfast as a tag team. Then, another chef gets to chop up someone's pork chop with an ax. Finally, someone has to cook an ice cream cone in traffic cones. | **PG**  +CUTK06-010+ |

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| 15:00 | **Chopped: Alton's Challenge, Grand Finale (R)**  Expect the ultimate in brainy, zany baskets from Alton Brown, as four Challenge champions return to fight for $50,000. | **PG**  +CHPD34-005+ |

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| 16:00 | **Giada At Home: Career Day (R)**  Giada De Laurentiis visits her daughter, Jade's, school for a career day presentation. Giada creates a kid-friendly menu for the students to enjoy including Kids Sushi. | **PG**  +GIHO06-001+ |

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| 16:30 | **Ten Dollar Dinners: Little Helpers, Big Brunch NEW EPISODE**  Melissa d'Arabian cooks a weekend brunch menu with two enthusiastic helpers: her daughters. | **PG**  +TEDD07-006+ |

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| 17:00 | **Rachael Ray's Week In A Day: Diner Lovers' Week NEW EPISODE**  The woman who taught America how to make a meal in 30 minutes is back with an even bigger promise: one day of cooking, up to five days of eating! | **PG**  +WIAD05-007+ |

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| 18:00 | **Guy's Grocery Games: Last Judge Standing Tournament, Pt. 3 NEW EPISODE**  Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG**  +GUGG15-007+ |

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| 19:00 | **My France With Manu: Brittany - Part 2 (R) ’CC’**  Tonight, Manu makes his way through the wine region of Bordeaux, along the Dordogne river. Then, he heads to the surfing mecca of Biarritz where his sister lives and joins in a family reunion. | **PG**  +MANU-002+ |

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| 20:00 | **Iron Chef America: Zakarian VS. Darin NEW EPISODE**  Chef Fernando Darin was born into an Italian family in the Brazilian countryside and he's bringing his international flair to his culinary contest with Iron Chef Geoffrey Zakarian. | **PG**  +ICAM13-003+ |

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| 21:00 | **Iron Chef America: Garces VS. Spence NEW EPISODE**  Seattle Chef Carolynn Spence brings her Pacific Northwest cuisine into Kitchen Stadium to battle Iron Chef Jose Garces. | **PG**  +ICAM13-004+ |

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| 22:00 | **Throwdown With Bobby Flay: Beef Empanadas NEW EPISODE**  Frank has the audience dancing to his drumming and hungry for his food but when Bobby Flay shows up, will he be able to keep up with the beat or will he get beat in this flavourful competition? | **PG**  +TWBF09-002+ |

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| 22:30 | **Guy's Grocery Games: Last Judge Standing Tournament, Pt. 3 (R)**  Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG**  +GUGG15-007+ |

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| 23:30 | **Ten Dollar Dinners: Little Helpers, Big Brunch (R)**  Melissa d'Arabian cooks a weekend brunch menu with two enthusiastic helpers: her daughters. | **PG**  +TEDD07-006+ |

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| 00:00 | **Rachael Ray's Week In A Day: Diner Lovers' Week (R)**  The woman who taught America how to make a meal in 30 minutes is back with an even bigger promise: one day of cooking, up to five days of eating! | **PG**  +WIAD05-007+ |

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| 01:00 | **My Restaurant Rules: Final Shutdown And The Winner (R)**  It's down to the final two couples and their restaurants - who will survive the final public vote and get to keep their restaurant. Hosted by CURTIS STONE. | **PG**  +MYRR-031+ |

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| 02:00 | **Creek To Coast (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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| 02:30 | **The Great Day Out (R) ’CC’**  Sofie is on a self guided adventure following one of Queensland’s Big Sky Country Drive itineraries. | **G**  +GDOT18-035+ |

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| 03:00 | **Queensland Weekender (R) ’CC’**  Chris is on a luxury coach tour like no other. From sandstone gorges to reef wonders, it is proof that good times never get old. | **G**  +7QWE18-036+ |

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| 03:30 | **Creek To Coast (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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| 04:00 | **The Great Day Out (R) ’CC’**  Sofie is on a self guided adventure following one of Queensland’s Big Sky Country Drive itineraries. | **G**  +GDOT18-035+ |

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| 04:30 | **Queensland Weekender (R) ’CC’**  Chris is on a luxury coach tour like no other. From sandstone gorges to reef wonders, it is proof that good times never get old. | **G**  +7QWE18-036+ |

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| 05:00 | **My Restaurant Rules: Final Shutdown And The Winner (R)**  It's down to the final two couples and their restaurants - who will survive the final public vote and get to keep their restaurant. Hosted by CURTIS STONE. | **PG**  +MYRR-031+ |