**Sunday 03 November 2019**

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| 06:00 | **Carnival Kings: Donut Burger? Bombs Away! (R)** Richie Farina has found an over-the-top burger battle at the Sacramento County Fair in Northern California. An all-out Asian-inspired assault on the senses, the 'Kanak Attack' Burger. | **PG** +CKIN01-007+ |

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| 06:30 | **Diners, Drive-Ins And Dives: A Passport Of Flavor (R)** Guy Fieri's diving into killer cuisine with international flair. In Lansing, Mich., an off-the-hook Middle Eastern joint puttin' out serious shawarma and gangster grape leaves. | **PG** +DDID27-005+ |

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| 07:00 | **Guy's Grocery Games: Last Judge Standing Tournament, Pt. 1 (R)** Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG** +GUGG15-005+ |

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| 08:00 | **Guy's Big Bite: Butter Makes It Better (R)** Guy Fieri is in the kitchen with his mom, Penny Ferry, and they're cooking up a meal literally oozing with flavor! It's all about the crispy, juicy, buttery Chicken Kiev, Zucchini and Fennel Noodles. | **PG** +GUBB19-004+ |

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| 08:30 | **Taco Trip: El Paso (R)** Aaron returns to his hometown of El Paso to check out what is new and delicious in the food scene. | **PG** +TACO02-002+ |

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| 09:00 | **Iron Chef America: Symon vs. Nunez (R)** Iron Chef Michael Symon faces off against challenger Jesus Nunez. | **PG** +ICAM10-007+ |

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| 10:00 | **Iron Chef America: Zakarian vs. Sawyer (R)** Geoffrey Zakarian, the newest Iron Chef, faces off against his challenger, Cleveland chef Jonathon Sawyer. | **PG** +ICAM10-008+ |

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| 18:00 | **Kid's Baking Championship: Life Is A Carnival (R)** Valerie Bertinelli and Duff Goldman ask the 12 best kid bakers in the country to create carnival-themed cupcakes and incorporate carnival treats like kettle corn, frozen bananas and cotton candy. | **PG** +KBAC03-001+ |

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| 19:00 | **Ridiculous Cakes: 30th Anniversary Of Shark Week (R)** The best way to celebrate the 30th anniversary of Shark Week is with a 4-foot-tall cake, of course.  | **PG** +RICA02-001+ |

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| 19:30 | **Cake Wars: Star Wars (R)** Cake Wars takes on one of the biggest adventures in the galaxy... Star Wars! The winning creation will be the front and center at a huge bash celebrating Disney's newest Star Wars video game. | **PG** +CAKW02-001+ |

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| 20:30 | **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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| 21:30 | **Cupcake Wars: Cupcake Champions: Madagascar 3 (R)** Four former champions are going Hollywood for this episode of Cupcake Wars. They will be competing against each other for the chance to have their cupcakes featured at a special VIP party. | **PG** +CUPW06-002+ |

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| 22:30 | **Cake Wars: Cobra's Curse (R)** Brace yourself for a hair-raising ancient Egyptian adventure! The winning cake will be the center of a party celebrating the grand opening of Busch Gardens Tampa Bay's newest ride, Cobra's Curse. | **PG** +CAKW03-006+ |

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| 23:30 | **Cake Wars: Star Wars (R)** Cake Wars takes on one of the biggest adventures in the galaxy... Star Wars! The winning creation will be the front and center at a huge bash celebrating Disney's newest Star Wars video game. | **PG** +CAKW02-001+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-014+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 29 (R) ’CC’** Victoria is in the heart of sugar cane country to celebrate the harvest season. It is a blaze of wonderful events from picnics in the vines to opera by the lake. | **G** +7QWE19-029+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2019 Ep: 22 (R) ’CC’** Sammie takes an exotic trip close to home. Roothy checks out a shed of many men. Chris Parsons catches up with a couple of Fraser Island legends, while Scotty is in the Whitsundays. | **G** +7CTC19-022+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 22 (R) ’CC’** Alastair shares an inner city secret. Jillian embarks on an unforgettable steam train journey, while Luke has a petite taste of Brisbane's French Festival. | **G** +GDOT19-022+ |

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| 02:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-015+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike gets a sneak preview of the Caravan Camping Lifestyle Expo. Fliss visits Cross Park. Lizzy checks out some great dining in Watson's Bay.  | **G** +7SWE26-032+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-014+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 29 (R) ’CC’** Victoria is in the heart of sugar cane country to celebrate the harvest season. It is a blaze of wonderful events from picnics in the vines to opera by the lake. | **G** +7QWE19-029+ |

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| 05:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-015+ |

 **Monday 04 November 2019**

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| 06:00 | **Iron Chef America: Symon vs. Nunez (R)** Iron Chef Michael Symon faces off against challenger Jesus Nunez. | **PG** +ICAM10-007+ |

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| 07:00 | **Ridiculous Cakes: 30th Anniversary Of Shark Week (R)** The best way to celebrate the 30th anniversary of Shark Week is with a 4-foot-tall cake, of course.  | **PG** +RICA02-001+ |

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| 07:30 | **Cupcake Wars: Cupcake Champions: Madagascar 3 (R)** Four former champions are going Hollywood for this episode of Cupcake Wars. They will be competing against each other for the chance to have their cupcakes featured at a special VIP party. | **PG** +CUPW06-002+ |

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| 08:30 | **Kid's Baking Championship: Life Is A Carnival (R)** Valerie Bertinelli and Duff Goldman ask the 12 best kid bakers in the country to create carnival-themed cupcakes and incorporate carnival treats like kettle corn, frozen bananas and cotton candy. | **PG** +KBAC03-001+ |

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| 09:30 | **Cake Wars: Cobra's Curse (R)** Brace yourself for a hair-raising ancient Egyptian adventure! The winning cake will be the center of a party celebrating the grand opening of Busch Gardens Tampa Bay's newest ride, Cobra's Curse. | **PG** +CAKW03-006+ |

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| 10:30 | **Better Homes And Gardens (R) ’CC’** Joh travels to Dampier Peninsula and visits Australia's oldest pearl farm. Adam builds a dedicated stylish make-up desk. Karen makes roast chicken on a bed of garlic bread.  | **G** +BHAG25-040+ |

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| 12:00 | **Cupcake Wars: Cupcake Champions: Madagascar 3 (R)** Four former champions are going Hollywood for this episode of Cupcake Wars. They will be competing against each other for the chance to have their cupcakes featured at a special VIP party. | **PG** +CUPW06-002+ |

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| 13:00 | **Kid's Baking Championship: Life Is A Carnival (R)** Valerie Bertinelli and Duff Goldman ask the 12 best kid bakers in the country to create carnival-themed cupcakes and incorporate carnival treats like kettle corn, frozen bananas and cotton candy. | **PG** +KBAC03-001+ |

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| 14:00 | **Cake Wars: Star Wars (R)** Cake Wars takes on one of the biggest adventures in the galaxy... Star Wars! The winning creation will be the front and center at a huge bash celebrating Disney's newest Star Wars video game. | **PG** +CAKW02-001+ |

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| 15:00 | **Cake Wars: Cobra's Curse (R)** Brace yourself for a hair-raising ancient Egyptian adventure! The winning cake will be the center of a party celebrating the grand opening of Busch Gardens Tampa Bay's newest ride, Cobra's Curse. | **PG** +CAKW03-006+ |

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| 16:00 | **House Of Wellness (R) ’CC’** Aloha from Hawaii, as the House of Wellness uncovers what health and wellbeing means to the Hawaiians. Hinsey kicks off on the big island to check out the status of Kilauea, a still active volcano. | **PG** +HOWL03-035+ |

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

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| 17:30 | **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: Million Dollar Baskets (R)** No expense has been spared with these top-notch, top-dollar basket ingredients! The second million-dollar basket features something lavishly sweet and something deliciously rare. | **PG** +CHPD31-012+ |

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| 19:30 | **Mystery Diners: Partner In Crime (R)** The owner of the "Black Rose Tavern" in Los Angeles is worried that someone is taking advantage of her, but needs Charles and the team to figure out who. | **PG** +MYSD07-011+ |

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| 20:00 | **Mystery Diners: Cafe Coup (R)** The new owners of "Cafe Aldente" in California, worry that the staff they inherited are still practicing old policies, and so they ask Charles and his team to observe their employees in action. | **PG** +MYSD07-012+ |

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| 20:30 | **Hell's Kitchen USA ’CC’ NEW EPISODE**World renowned chef Gordon Ramsay puts aspiring young chefs through rigorous cooking challenges and dinner services at his restaurant in Hollywood. | **M (L)**+HEKI12-007+ |

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| 21:30 | **Hell's Kitchen USA ’CC’ NEW EPISODE**World renowned chef Gordon Ramsay puts aspiring young chefs through rigorous cooking challenges and dinner services at his restaurant in Hollywood. | **M (L)**+HEKI12-008+ |

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| 22:30 | **Hell's Kitchen USA ’CC’ NEW EPISODE**World renowned chef Gordon Ramsay puts aspiring young chefs through rigorous cooking challenges and dinner services at his restaurant in Hollywood. | **M (L)**+HEKI12-009+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-015+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 30 (R) ’CC’** From day tripping to the reef, relaxing at a cool city restaurant, or watching a fiery outback sunset, Queensland Weekender will inspire you to make the most of a weekend in our beautiful State. | **G** +7QWE19-030+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2019 Ep: 23 (R) ’CC’** Remote, untouched reef and fish that have never seen a lure, join Scotty on the fishing adventure of a lifetime. Five days in the middle of the coral sea on a 72-foot fishing boat. | **G** +7CTC19-023+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 23 (R) ’CC’** Karni takes to the skies above the Gold Coast. Jess discovers what is now inside the Old Redcliffe Fire Station, while Katrina Blowers from 7NEWS shares what she does in her downtime. | **G** +GDOT19-023+ |

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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** +HIWA21-016+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike explores Narooma. Darren goes on a kayak tour with Region X in Bateman's Bay. Fliss visits Mogo Zoo.  | **G** +7SWE26-033+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-015+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 23 (R) ’CC’** Karni takes to the skies above the Gold Coast. Jess discovers what is now inside the Old Redcliffe Fire Station, while Katrina Blowers from 7NEWS shares what she does in her downtime. | **G** +GDOT19-023+ |

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| 05:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-016+ |

 **Tuesday 05 November 2019**

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| 06:00 | **Better Homes And Gardens (R) ’CC’** Joh travels to Dampier Peninsula and visits Australia's oldest pearl farm. Adam builds a dedicated stylish make-up desk. Karen makes roast chicken on a bed of garlic bread.  | **G** +BHAG25-040+ |

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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 | **Rachael Ray's Week In A Day: Meatlovers' Lane (R)** A whole week's worth of meals that no meat lover can resist. | **PG** +WIAD03-003+ |

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

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| 10:00 | **Mystery Diners: Partner In Crime (R)** The owner of the "Black Rose Tavern" in Los Angeles is worried that someone is taking advantage of her, but needs Charles and the team to figure out who. | **PG** +MYSD07-011+ |

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| 10:30 | **Mystery Diners: Cafe Coup (R)** The new owners of "Cafe Aldente" in California, worry that the staff they inherited are still practicing old policies, and so they ask Charles and his team to observe their employees in action. | **PG** +MYSD07-012+ |

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| 13:00 | **Chopped: Million Dollar Baskets (R)** No expense has been spared with these top-notch, top-dollar basket ingredients! The second million-dollar basket features something lavishly sweet and something deliciously rare. | **PG** +CHPD31-012+ |

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| 15:30 | **Better Homes And Gardens (R) ’CC’** Joh and Graham transform an unusually shaped area into a veggie garden. Adam builds a chair out of pipes. Karen makes Romanesco Salsa with Haloumi. | **G** +BHAG25-038+ |

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| 16:30 | **Barefoot Contessa: Eat Your Greens (R)** Ina's got vegetable ideas for every day of the week, when you're stuck in a vegetable rut: Spring Green Risotto With Artichokes, Mustard-Roasted Potatoes. | **PG** +BARE07-005+ |

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

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| 17:30 | **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: Back In Time (R)** The baskets are filled with retro ingredients, which have the competitors and the judges thinking back on bygone eras and savoring flavor memories. | **PG** +CHPD31-013+ |

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| 19:30 | **Mystery Diners: Daddy's Girl (R)** The owners of "Geppino's Sicilian Kitchen" in Moorpark, suspect that their daughter is dating a thief, after their customers start complaining about stolen items. | **PG** +MYSD07-013+ |

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| 20:00 | **Mystery Diners: Thanksgiving Thievery (R)** Kristian, owner of Tavern on Main outside of Los Angeles, fears someone on his staff is stealing donations from his restaurant's annual Thanksgiving Food Drive. | **PG** +MYSD08-001+ |

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| 20:30 | **Restaurant: Impossible: Windseeker Restaurant (R)** Windseeker Restaurant in Dalles, Ore., is suffering from years of bad publicity and negative word of mouth. | **PG** +RIMP05-006+ |

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| 21:30 | **Restaurant: Impossible: Sapori D'Italia (R)** Chef Robert Irvine is called to Fountain Hills, Ariz., where the family behind Sapori D'Italia desperately needs his help. | **PG** +RIMP05-007+ |

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| 22:30 | **Mystery Diners: Daddy's Girl (R)** The owners of "Geppino's Sicilian Kitchen" in Moorpark, suspect that their daughter is dating a thief, after their customers start complaining about stolen items. | **PG** +MYSD07-013+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 31 (R) ’CC’** From day tripping to the reef, relaxing at a cool city restaurant, or watching a fiery outback sunset, Queensland Weekender will inspire you to make the most of a weekend in our beautiful State. | **G** +7QWE19-031+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2019 Ep: 24 (R) ’CC’** Liz is powering on water without an engine. Scotty has a mini me, who will be the better fishermen and Olivia sets off for a perfect day on Fraser Island. | **G** +7CTC19-024+ |

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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** +HIWA21-017+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike packs up the car and hitting the road for Shoalhaven Heads. Karen and Lizzy try out Ultimate Paintball. Sally explores the stunning wilderness of the Snowy Mountains on an electric bike tour. | **G** +7SWE26-034+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-016+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 31 (R) ’CC’** From day tripping to the reef, relaxing at a cool city restaurant, or watching a fiery outback sunset, Queensland Weekender will inspire you to make the most of a weekend in our beautiful State. | **G** +7QWE19-031+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2019 Ep: 24 (R) ’CC’** Liz is powering on water without an engine. Scotty has a mini me, who will be the better fishermen and Olivia sets off for a perfect day on Fraser Island. | **G** +7CTC19-024+ |

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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** +HIWA21-017+ |

 **Wednesday 06 November 2019**

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| 06:00 | **Restaurant: Impossible: Windseeker Restaurant (R)** Windseeker Restaurant in Dalles, Ore., is suffering from years of bad publicity and negative word of mouth. | **PG** +RIMP05-006+ |

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| 07:00 | **Barefoot Contessa: Eat Your Greens (R)** Ina's got vegetable ideas for every day of the week, when you're stuck in a vegetable rut: Spring Green Risotto With Artichokes, Mustard-Roasted Potatoes. | **PG** +BARE07-005+ |

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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 | **Restaurant: Impossible: Sapori D'Italia (R)** Chef Robert Irvine is called to Fountain Hills, Ariz., where the family behind Sapori D'Italia desperately needs his help. | **PG** +RIMP05-007+ |

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

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| 10:00 | **Easy Chinese: Fusion Super Stars (R)** Ching-He Huang sees how superstar chefs have incorporated their favourite elements of Chinese cuisine into their restaurant's menu. | **PG** +EACH02-009+ |

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| 10:30 | **Barefoot Contessa: Eat Your Greens (R)** Ina's got vegetable ideas for every day of the week, when you're stuck in a vegetable rut: Spring Green Risotto With Artichokes, Mustard-Roasted Potatoes. | **PG** +BARE07-005+ |

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| 11:00 | **Restaurant: Impossible: Windseeker Restaurant (R)** Windseeker Restaurant in Dalles, Ore., is suffering from years of bad publicity and negative word of mouth. | **PG** +RIMP05-006+ |

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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: Back In Time (R)** The baskets are filled with retro ingredients, which have the competitors and the judges thinking back on bygone eras and savoring flavor memories. | **PG** +CHPD31-013+ |

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

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| 14:30 | **Restaurant: Impossible: Sapori D'Italia (R)** Chef Robert Irvine is called to Fountain Hills, Ariz., where the family behind Sapori D'Italia desperately needs his help. | **PG** +RIMP05-007+ |

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| 15:30 | **Mystery Diners: Daddy's Girl (R)** The owners of "Geppino's Sicilian Kitchen" in Moorpark, suspect that their daughter is dating a thief, after their customers start complaining about stolen items. | **PG** +MYSD07-013+ |

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| 16:00 | **Mystery Diners: Thanksgiving Thievery (R)** Kristian, owner of Tavern on Main outside of Los Angeles, fears someone on his staff is stealing donations from his restaurant's annual Thanksgiving Food Drive. | **PG** +MYSD08-001+ |

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| 16:30 | **Barefoot Contessa: Off Duty (R)** This is all about what professional cooks make at home when they're off the clock from dawn to dusk. Fantastic quick and easy recipes and top tips from the chefs and cooks in the know for us to try. | **PG** +BARE07-006+ |

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

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| 17:30 | **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: Entree Basket Blues (R)** In the entree round, some of the chefs attempt to creatively mask the bright blue color of one of the basket ingredients. Then, will the final two chefs' fruit-and-fries creations please the judges? | **PG** +CHPD31-014+ |

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| 19:30 | **Restaurant: Impossible: Mumbo Jumbo (R)** Julio purchased the Mexican restaurant Estrada's six years ago and it has been anything but a fiesta. They are in over $400,000 worth of debt and seriously need Chef Robert Irvine's help. | **PG** +RIMP07-013+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: The Glass House - Revisited (R) ’CC’** Gordon returns to the Glass House. A few months on, there have been some departures. Who is in charge of the kitchen now? And, more importantly, is Ramsay's Caesar salad still on the menu? | **MA (L)**+RAKN01-005+ |

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| 21:30 | **Mystery Diners: Employee Discount (R)** Andy, owner of 55 Degree Wine and Link N Hops in Los Angeles, believes discrepancies at both his wine shop and restaurant are somehow related. | **PG** +MYSD08-002+ |

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| 22:00 | **Mystery Diners: Poaching Profits (R)** The owner of Cookin' with Lenny Smokehouse in Los Angeles contacts Charles to investigate his suspicion that a member of his staff is using restaurant supplies to operate a competing catering company. | **PG** +MYSD08-003+ |

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| 22:30 | **Restaurant: Impossible: Mumbo Jumbo (R)** Julio purchased the Mexican restaurant Estrada's six years ago and it has been anything but a fiesta. They are in over $400,000 worth of debt and seriously need Chef Robert Irvine's help. | **PG** +RIMP07-013+ |

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| 23:30 | **Chopped: Entree Basket Blues (R)** In the entree round, some of the chefs attempt to creatively mask the bright blue color of one of the basket ingredients. Then, will the final two chefs' fruit-and-fries creations please the judges? | **PG** +CHPD31-014+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-017+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 32 (R) ’CC’** From day tripping to the reef, relaxing at a cool city restaurant, or watching a fiery outback sunset, Queensland Weekender will inspire you to make the most of a weekend in our beautiful State. | **G** +7QWE19-032+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2019 Ep: 25 (R) ’CC’** Olivia heads up the cape to bring you all the action from this year's Weipa Fishing Classic. A vibrant town with wonderful people and of course plenty of fish. | **G** +7CTC19-025+ |

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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** +HIWA21-018+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike visits Boomerang Beach in the Great Lakes region. Candice checks out Nielsen Park. Lizzy goes off road in the Isuzu M-UX on a tour of Stockton Dunes. | **G** +7SWE26-035+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-017+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 32 (R) ’CC’** From day tripping to the reef, relaxing at a cool city restaurant, or watching a fiery outback sunset, Queensland Weekender will inspire you to make the most of a weekend in our beautiful State. | **G** +7QWE19-032+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2019 Ep: 25 (R) ’CC’** Olivia heads up the cape to bring you all the action from this year's Weipa Fishing Classic. A vibrant town with wonderful people and of course plenty of fish. | **G** +7CTC19-025+ |

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| 05:00 | **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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| 05:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-018+ |

 **Thursday 07 November 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike visits Boomerang Beach in the Great Lakes region. Candice checks out Nielsen Park. Lizzy goes off road in the Isuzu M-UX on a tour of Stockton Dunes. | **G** +7SWE26-035+ |

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| 06:30 | **Easy Chinese: Fusion Super Stars (R)** Ching-He Huang sees how superstar chefs have incorporated their favourite elements of Chinese cuisine into their restaurant's menu. | **PG** +EACH02-009+ |

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| 07:00 | **Barefoot Contessa: Off Duty (R)** This is all about what professional cooks make at home when they're off the clock from dawn to dusk. Fantastic quick and easy recipes and top tips from the chefs and cooks in the know for us to try. | **PG** +BARE07-006+ |

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

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

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| 10:00 | **Easy Chinese: Exploring Chinese-American Classics (R)** Ching-He Huang explores Americans' favorite Chinese food and how it differs from the Chinese cuisine found in China. | **PG** +EACH02-010+ |

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| 10:30 | **Barefoot Contessa: Off Duty (R)** This is all about what professional cooks make at home when they're off the clock from dawn to dusk. Fantastic quick and easy recipes and top tips from the chefs and cooks in the know for us to try. | **PG** +BARE07-006+ |

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| 11:00 | **Mystery Diners: Employee Discount (R)** Andy, owner of 55 Degree Wine and Link N Hops in Los Angeles, believes discrepancies at both his wine shop and restaurant are somehow related. | **PG** +MYSD08-002+ |

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| 11:30 | **Mystery Diners: Poaching Profits (R)** The owner of Cookin' with Lenny Smokehouse in Los Angeles contacts Charles to investigate his suspicion that a member of his staff is using restaurant supplies to operate a competing catering company. | **PG** +MYSD08-003+ |

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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: Entree Basket Blues (R)** In the entree round, some of the chefs attempt to creatively mask the bright blue color of one of the basket ingredients. Then, will the final two chefs' fruit-and-fries creations please the judges? | **PG** +CHPD31-014+ |

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

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| 14:30 | **Restaurant: Impossible: Mumbo Jumbo (R)** Julio purchased the Mexican restaurant Estrada's six years ago and it has been anything but a fiesta. They are in over $400,000 worth of debt and seriously need Chef Robert Irvine's help. | **PG** +RIMP07-013+ |

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| 15:30 | **Mystery Diners: Employee Discount (R)** Andy, owner of 55 Degree Wine and Link N Hops in Los Angeles, believes discrepancies at both his wine shop and restaurant are somehow related. | **PG** +MYSD08-002+ |

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| 16:00 | **Mystery Diners: Poaching Profits (R)** The owner of Cookin' with Lenny Smokehouse in Los Angeles contacts Charles to investigate his suspicion that a member of his staff is using restaurant supplies to operate a competing catering company. | **PG** +MYSD08-003+ |

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| 16:30 | **Barefoot Contessa: Restaurant Rules (R)** Ina Garten shares a collection of restaurant-inspired dishes to cook at home. Ina cooks with Frank Pellegrino for the famous Rao's restaurant and gets insider information from the best kitchens. | **PG** +BARE07-007+ |

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| 17:00 | **Giada At Home: Game Day Goodies (R)** Giada De Laurentiis creates her spin on foods to enjoy while watching the big game. The menu includes Sticky Pork Ribs With Balsamic Barbecue Sauce and Sweet Potato Tots With Dill Dust. | **PG** +GIHO06-013+ |

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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: Taco Time! (R)** In each round of this competition, the chefs are tasked with showcasing their creative take on the taco. | **PG** +CHPD31-015+ |

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| 19:30 | **Ramsay's Hotel Hell: Juniper Hill - Part 1 (R) ’CC’** Gordon Ramsay checks in to some of America's worst hotels. Starring:GORDON RAMSAY | **M (L)**+HELL01-004+ |

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| 20:30 | **Ramsay's Kitchen Nightmares USA: Return To Amy's Baking Company (R) ’CC’** Gordon catches up with the most talked-about restaurant in the series' history. Find out what has happened with Amy and Samy in the past year since the original episode aired. | **MA (L)**+KNUS07-001+ |

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| 21:30 | **Ramsay's Kitchen Nightmares USA: Pantaleone's (R) ’CC’** Chef Ramsay heads to Denver, CO, where he meets a restaurant owner who is truly stuck in the past. | **M (L)**+KNUS07-002+ |

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| 22:30 | **Iron Chef America: Flay Vs. Greenspan (R)** Chef Eric Greenspan enters Kitchen Stadium to challenge Iron Chef Bobby Flay. | **PG** +ICAM08-001+ |

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| 23:30 | **Chopped: Taco Time! (R)** In each round of this competition, the chefs are tasked with showcasing their creative take on the taco. | **PG** +CHPD31-015+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-018+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 33 (R) ’CC’** Lee is on the quintessential Outback adventure where he takes in the breathtaking open skies, meets the resilient locals, plus a couple cowboys along the way. | **G** +7QWE19-033+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2019 Ep: 26 (R) ’CC’** Liz discovers Mick Fanning's secret. Andrew is catching and cooking on Fraser Island. Kimberley has a colourful stay by Moreton Bay, while Sammie is wakeboarding with a young champ. | **G** +7CTC19-026+ |

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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** +HIWA21-019+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike explores the Canola Trail. Lizzy checks out Little Tradies. Jack gets the adrenaline pumping at Glenworth Valley.  | **G** +7SWE26-036+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-018+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 33 (R) ’CC’** Lee is on the quintessential Outback adventure where he takes in the breathtaking open skies, meets the resilient locals, plus a couple cowboys along the way. | **G** +7QWE19-033+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2019 Ep: 26 (R) ’CC’** Liz discovers Mick Fanning's secret. Andrew is catching and cooking on Fraser Island. Kimberley has a colourful stay by Moreton Bay, while Sammie is wakeboarding with a young champ. | **G** +7CTC19-026+ |

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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** +HIWA21-019+ |

 **Friday 08 November 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’** Mike explores the Canola Trail. Lizzy checks out Little Tradies. Jack gets the adrenaline pumping at Glenworth Valley.  | **G** +7SWE26-036+ |

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| 06:30 | **Easy Chinese: Exploring Chinese-American Classics (R)** Ching-He Huang explores Americans' favorite Chinese food and how it differs from the Chinese cuisine found in China. | **PG** +EACH02-010+ |

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| 07:00 | **Barefoot Contessa: Restaurant Rules (R)** Ina Garten shares a collection of restaurant-inspired dishes to cook at home. Ina cooks with Frank Pellegrino for the famous Rao's restaurant and gets insider information from the best kitchens. | **PG** +BARE07-007+ |

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| 07:30 | **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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| 08:30 | **Rachael Ray's Week In A Day: Star Ingredient (R)** Celebrate one of the world's most indispensable ingredients with an entire week's worth of garlic-charged dishes. | **PG** +WIAD03-005+ |

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| 09:30 | **Giada At Home: Game Day Goodies (R)** Giada De Laurentiis creates her spin on foods to enjoy while watching the big game. The menu includes Sticky Pork Ribs With Balsamic Barbecue Sauce and Sweet Potato Tots With Dill Dust. | **PG** +GIHO06-013+ |

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| 10:00 | **Easy Chinese: Sweet Chinese (R)** Ching-He Huang sets out to show the unseen side of Chinese cuisine - the delicious sweets. | **PG** +EACH02-011+ |

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| 10:30 | **Barefoot Contessa: Restaurant Rules (R)** Ina Garten shares a collection of restaurant-inspired dishes to cook at home. Ina cooks with Frank Pellegrino for the famous Rao's restaurant and gets insider information from the best kitchens. | **PG** +BARE07-007+ |

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| 11:00 | **Rachael Ray's Week In A Day: Star Ingredient (R)** Celebrate one of the world's most indispensable ingredients with an entire week's worth of garlic-charged dishes. | **PG** +WIAD03-005+ |

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| 12:00 | **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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| 13:00 | **Chopped: Taco Time! (R)** In each round of this competition, the chefs are tasked with showcasing their creative take on the taco. | **PG** +CHPD31-015+ |

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| 14:00 | **Giada At Home: Game Day Goodies (R)** Giada De Laurentiis creates her spin on foods to enjoy while watching the big game. The menu includes Sticky Pork Ribs With Balsamic Barbecue Sauce and Sweet Potato Tots With Dill Dust. | **PG** +GIHO06-013+ |

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| 14:30 | **Rachael Ray's Week In A Day: Star Ingredient (R)** Celebrate one of the world's most indispensable ingredients with an entire week's worth of garlic-charged dishes. | **PG** +WIAD03-005+ |

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| 15:30 | **Giada At Home: Cocktails And Appetizers (R)** Giada De Laurentiis hosts a poolside cocktail party, but the appetizers are finger food versions of traditional breakfast foods like French Toast Fingers With Ginger Bourbon Maple Syrup. | **PG** +GIHO06-015+ |

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| 16:00 | **Barefoot Contessa: Cheesy Does It (R)** Ina is writing an article for Food Network magazine, and it's all about cheese. There's a photo shoot in her garden with the magazine followed by recipes back in the kitchen. , | **PG** +BARE07-008+ |

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| 16:30 | **House Of Wellness (R) ’CC’** Aloha from Hawaii, as the House of Wellness uncovers what health and wellbeing means to the Hawaiians. Hinsey kicks off on the big island to check out the status of Kilauea, a still active volcano. | **PG** +HOWL03-035+ |

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| 17:30 | **The Kitchen: Spring Chicken (R)** The Kitchen is perfecting poultry for spring, starting with Katie Lee's Roast Chicken with a twist and the kick-off of the Rotisserie Club with Jeff Mauro's Pulled Chicken Sandwich. | **PG** +TKIT13-002+ |

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| 18:30 | **Chopped: Viewers' Vengeance (R)** Extra difficult baskets are guaranteed when four lucky chefs arrive in the Chopped Kitchen for a viewers' choice competition! | **PG** +CHPD31-016+ |

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| 19:30 | **Restaurant: Impossible: Nanny Goat's Cafe And Feed Bin (R)** Chef Robert Irvine's newest mission is to save the failing restaurant, Nanny Goats Cafe and Feed Bin, in Kilgore, Texas.  | **PG** +RIMP05-008+ |

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| 20:30 | **Mystery Diners: Missing Memorabilia (R)** The owners of Fenders Moto Cafe and Brew Pub in Portland, Oregon, worry that employees are to blame when some of their valuable motorcycle memorabilia disappears. | **PG** +MYSD08-004+ |

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| 21:00 | **Mystery Diners: Robbed Kabobs (R)** After noticing a discrepancy in supplies, Ghaith and Tiffany, owners of Dar Salam in Portland, Ore., fear a new Iraqi food card that's competing with their restaurant is related to the problem. | **PG** +MYSD08-005+ |

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| 21:30 | **Mystery Diners: Behind The Eight Ball (R)** Kent, owner of Uptown Billiards in Portland, Ore., believes the social media expert he hired to promote his restaurant isn't doing an adequate job. | **PG** +MYSD08-006+ |

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| 22:00 | **Mystery Diners: Food Cart Catastrophe (R)** When Rod and Linda, owners of a la carts Food Pavilion in Portland, Ore., hear complaints from their tenants about the new onsite manager, they contact Charles Stiles to investigate. | **PG** +MYSD08-007+ |

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| 22:30 | **Restaurant: Impossible: Nanny Goat's Cafe And Feed Bin (R)** Chef Robert Irvine's newest mission is to save the failing restaurant, Nanny Goats Cafe and Feed Bin, in Kilgore, Texas.  | **PG** +RIMP05-008+ |

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| 23:30 | **Chopped: Viewers' Vengeance (R)** Extra difficult baskets are guaranteed when four lucky chefs arrive in the Chopped Kitchen for a viewers' choice competition! | **PG** +CHPD31-016+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-019+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 34 (R) ’CC’** Sammie is living her best life on an epic Whitsundays adventure. Lee joins the fun at Central Queensland's biggest festival, while Chris encounters one of Magnetic Island's best kept secrets. | **G** +7QWE19-034+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2019 Ep: 27 (R) ’CC’** This month marks 20 years of Creek to Coast, to celebrate we are doing what we do best, fishing with Scotty and some lucky viewers. | **G** +7CTC19-027+ |

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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** +HIWA21-020+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike is in Canberra for the Caravan Camping Lifestyle Expo. Mel checks out Cirque Du Soleil. Andrew Daddo heads to Walcha for The Freak Show Festival of Motorcycles. | **G** +7SWE26-037+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-019+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 34 (R) ’CC’** Sammie is living her best life on an epic Whitsundays adventure. Lee joins the fun at Central Queensland's biggest festival, while Chris encounters one of Magnetic Island's best kept secrets. | **G** +7QWE19-034+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2019 Ep: 27 (R) ’CC’** This month marks 20 years of Creek to Coast, to celebrate we are doing what we do best, fishing with Scotty and some lucky viewers. | **G** +7CTC19-027+ |

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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** +HIWA21-020+ |

 **Saturday 09 November 2019**

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| 06:00 | **Barefoot Contessa: Cheesy Does It (R)** Ina is writing an article for Food Network magazine, and it's all about cheese. There's a photo shoot in her garden with the magazine followed by recipes back in the kitchen. , | **PG** +BARE07-008+ |

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| 06:30 | **Better Homes And Gardens (R) ’CC’** Joh travels to Dampier Peninsula and visits Australia's oldest pearl farm. Adam builds a dedicated stylish make-up desk. Karen makes roast chicken on a bed of garlic bread.  | **G** +BHAG25-040+ |

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| 08:00 | **Big Food Truck Tip: Turning Up The Heat In Charleston (R)** Andrew Zimmern travels across the US to find food truck entrepreneurs who love sharing their culinary creations with the public. | **PG** +BIFT01-003+ |

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| 08:30 | **Big Food Truck Tip: Mobile Mashup In Memphis (R)** Andrew Zimmern travels across the US to find food truck entrepreneurs who love sharing their culinary creations with the public. | **PG** +BIFT01-004+ |

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| 09:00 | **Taco Trip: El Paso (R)** Aaron returns to his hometown of El Paso to check out what is new and delicious in the food scene. | **PG** +TACO02-002+ |

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| 09:30 | **Carnival Kings: Donut Burger? Bombs Away! (R)** Richie Farina has found an over-the-top burger battle at the Sacramento County Fair in Northern California. An all-out Asian-inspired assault on the senses, the 'Kanak Attack' Burger. | **PG** +CKIN01-007+ |

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| 10:00 | **Mystery Diners: Missing Memorabilia (R)** The owners of Fenders Moto Cafe and Brew Pub in Portland, Oregon, worry that employees are to blame when some of their valuable motorcycle memorabilia disappears. | **PG** +MYSD08-004+ |

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| 10:30 | **Mystery Diners: Robbed Kabobs (R)** After noticing a discrepancy in supplies, Ghaith and Tiffany, owners of Dar Salam in Portland, Ore., fear a new Iraqi food card that's competing with their restaurant is related to the problem. | **PG** +MYSD08-005+ |

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| 11:00 | **Mystery Diners: Behind The Eight Ball (R)** Kent, owner of Uptown Billiards in Portland, Ore., believes the social media expert he hired to promote his restaurant isn't doing an adequate job. | **PG** +MYSD08-006+ |

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| 11:30 | **Mystery Diners: Food Cart Catastrophe (R)** When Rod and Linda, owners of a la carts Food Pavilion in Portland, Ore., hear complaints from their tenants about the new onsite manager, they contact Charles Stiles to investigate. | **PG** +MYSD08-007+ |

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| 12:00 | **Chopped: Taco Time! (R)** In each round of this competition, the chefs are tasked with showcasing their creative take on the taco. | **PG** +CHPD31-015+ |

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| 13:00 | **Giada At Home: Cocktails And Appetizers (R)** Giada De Laurentiis hosts a poolside cocktail party, but the appetizers are finger food versions of traditional breakfast foods like French Toast Fingers With Ginger Bourbon Maple Syrup. | **PG** +GIHO06-015+ |

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| 13:30 | **Barefoot Contessa: Cheesy Does It (R)** Ina is writing an article for Food Network magazine, and it's all about cheese. There's a photo shoot in her garden with the magazine followed by recipes back in the kitchen. , | **PG** +BARE07-008+ |

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| 14:00 | **Big Food Truck Tip: Turning Up The Heat In Charleston (R)** Andrew Zimmern travels across the US to find food truck entrepreneurs who love sharing their culinary creations with the public. | **PG** +BIFT01-003+ |

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| 14:30 | **Big Food Truck Tip: Mobile Mashup In Memphis (R)** Andrew Zimmern travels across the US to find food truck entrepreneurs who love sharing their culinary creations with the public. | **PG** +BIFT01-004+ |

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| 15:00 | **Taco Trip: El Paso (R)** Aaron returns to his hometown of El Paso to check out what is new and delicious in the food scene. | **PG** +TACO02-002+ |

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| 15:30 | **Carnival Kings: Donut Burger? Bombs Away! (R)** Richie Farina has found an over-the-top burger battle at the Sacramento County Fair in Northern California. An all-out Asian-inspired assault on the senses, the 'Kanak Attack' Burger. | **PG** +CKIN01-007+ |

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| 16:00 | **Restaurant: Impossible: Nanny Goat's Cafe And Feed Bin (R)** Chef Robert Irvine's newest mission is to save the failing restaurant, Nanny Goats Cafe and Feed Bin, in Kilgore, Texas.  | **PG** +RIMP05-008+ |

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| 17:00 | **Mystery Diners: Missing Memorabilia (R)** The owners of Fenders Moto Cafe and Brew Pub in Portland, Oregon, worry that employees are to blame when some of their valuable motorcycle memorabilia disappears. | **PG** +MYSD08-004+ |

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| 17:30 | **Mystery Diners: Robbed Kabobs (R)** After noticing a discrepancy in supplies, Ghaith and Tiffany, owners of Dar Salam in Portland, Ore., fear a new Iraqi food card that's competing with their restaurant is related to the problem. | **PG** +MYSD08-005+ |

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| 18:00 | **Mystery Diners: Behind The Eight Ball (R)** Kent, owner of Uptown Billiards in Portland, Ore., believes the social media expert he hired to promote his restaurant isn't doing an adequate job. | **PG** +MYSD08-006+ |

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| 18:30 | **Mystery Diners: Food Cart Catastrophe (R)** When Rod and Linda, owners of a la carts Food Pavilion in Portland, Ore., hear complaints from their tenants about the new onsite manager, they contact Charles Stiles to investigate. | **PG** +MYSD08-007+ |

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| 19:00 | **Anh Does Vietnam (R) ’CC’** Anh Do returns to Vietnam to rediscover his birth land. He gives insight into modern day Vietnam, from local family life to incredible culinary delights and the best adventures Vietnam has to offer. | **PG** +ANDV-001+ |

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| 20:00 | **Around The World With Manu: UK (R)** With some rare spare time on his hands, Manu Feildel decides to follow his dream of circumnavigating the world, on AUS$20,000 in 30 days. Can he do it? | **PG** +AWWM01-001+ |

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| 21:00 | **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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| 22:00 | **Anh Does Vietnam (R) ’CC’** Anh Do returns to Vietnam to rediscover his birth land. He gives insight into modern day Vietnam, from local family life to incredible culinary delights and the best adventures Vietnam has to offer. | **PG** +ANDV-001+ |

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| 23:00 | **Around The World With Manu: UK (R)** With some rare spare time on his hands, Manu Feildel decides to follow his dream of circumnavigating the world, on AUS$20,000 in 30 days. Can he do it? | **PG** +AWWM01-001+ |

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| 00:00 | **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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| 01:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 35 (R) ’CC’** Bridget delves deep into the Daintree National Park. Chris visits a mountain retreat that is authentically Japanese. Sammie meets a llama farmer and Victoria gets her heart racing on Moreton Island. | **G** +7QWE19-035+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2019 Ep: 28 (R) ’CC’** Roger is camping, but not leaving comforts behind. Sally is cooking up a campsite treat. Sammie meets some legends, while Scotty is fishing the flats on Jewell Reef with the Reel Deep Charters team. | **G** +7CTC19-028+ |

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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** +HIWA21-021+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike checks out what's new in Newcastle. Fliss takes a peek behind the curtain at the Sydney Opera House. Candice visits Walkabout Wildlife Park. | **G** +7SWE26-038+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-020+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 35 (R) ’CC’** Bridget delves deep into the Daintree National Park. Chris visits a mountain retreat that is authentically Japanese. Sammie meets a llama farmer and Victoria gets her heart racing on Moreton Island. | **G** +7QWE19-035+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2019 Ep: 28 (R) ’CC’** Roger is camping, but not leaving comforts behind. Sally is cooking up a campsite treat. Sammie meets some legends, while Scotty is fishing the flats on Jewell Reef with the Reel Deep Charters team. | **G** +7CTC19-028+ |

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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** +HIWA21-021+ |