**Sunday 13 October 2019**

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| 06:00 | **Carnival Kings: We All Scream For Ice Cream! And Waffles! (R)**  Chef Richie takes on Adam Terry of Waffle Love and his fluffy, ice cream-covered Dulce de Liege Waffle. | **PG**  +CKIN01-004+ |

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| 06:30 | **Diners, Drive-Ins And Dives: Flavor Adventure (R)**  Guy Fieri's taking a culinary trip filled with adventurous flavor. In Los Angeles, a funky spot all about filling bowls with eclectic eats. | **PG**  +DDID27-002+ |

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| 07:00 | **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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| 08:00 | **Guy's Big Bite: Al Pastor All Day (R)**  Guy Fieri's hosting taco night, so he prepares an all-time favorite, Al Pastor Tacos, filled with roasted pork and topped with Pineapple Jalapeno Salsa. For dessert, he turns down the heat. | **PG**  +GUBB19-001+ |

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| 08:30 | **Iron Chef America: Symon vs. Yagihashi (R)**  Iron Chef Michael Symon faces off against the Challenger, Chicago chef Takashi Yagihashi. | **PG**  +ICAM10-001+ |

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| 09:30 | **Iron Chef America: Flay vs. Allegretti (R)**  Iron Chef Bobby Flay faces off against Challenger Alain Allegretti. | **PG**  +ICAM10-002+ |

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| 10:30 | **Diners, Drive-Ins And Dives: Flavor Adventure (R)**  Guy Fieri's taking a culinary trip filled with adventurous flavor. In Los Angeles, a funky spot all about filling bowls with eclectic eats. | **PG**  +DDID27-002+ |

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| 11:00 | **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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| 16:00 | **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 cooks with his Uncle at his charcuterie. | **PG**  +MANU-001+ |

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| 17:00 | **Around The World With Manu: USA (R)**  Manu is on the home stretch with just one more country to discover, before making his final journey. | **PG**  +AWWM01-006+ |

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| 18:00 | **Kid's Baking Championships NEW EPISODE**  The five remaining kid bakers must use three types of candy in a dessert but also keep it balanced, because it's a fine line between candymonium and candy overload. | **G**  +KBAC02-006+ |

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| 19:00 | **Ridiculous Cakes: Doggonest Cake Ever Made (R)**  Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG**  +RICA01-008+ |

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| 19:30 | **Crazy Cakes: Castles, Coral And Camo Cakes NEW EPISODE**  A cake from Down Under brings a mermaid and sea creatures to life, and a baby's gender is revealed with fairy tale castle flair. | **PG**  +CRAZ01-007+ |

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| 20:00 | **Reality Cupcakes: Give A Dog A Cupcake NEW EPISODE**  Ashley Foxen makes dog-bone cupcakes for puppies and their owners at a New York City dog cafe. | **PG**  +RCUP01-007+ |

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| 20:30 | **Anh Does Vietnam (R) ’CC’**  Anh Do returns to Vietnam to rediscover his birth land. He gives insight into modern day Vietnam, from local family life to incredible culinary delights and the best adventures Vietnam has to offer. | **PG**  +ANDV-001+ |

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| 21:30 | **Cupcake Wars: Screamfest NEW EPISODE**  Horror director Eli Roth is special guest judge, as four cupcake bakers try to scare their way into the closing night VIP party for Screamfest at the famous Grauman's Chinese Theater in Hollywood. | **PG**  +CUPW04-012+ |

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| 22:30 | **Cake Wars: Charlie Brown's All-Stars (R)**  Charlie Brown, Snoopy and the whole Peanuts gang are headed to Cake Wars to celebrate the 50th anniversary of the iconic special Charlie Brown's All-Stars! | **PG**  +CAKW03-003+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 28 (R) ’CC’**  Mel is experiencing the Fraser Coast Humpback playground both on and in the water. Liz explores a holiday home, while Victoria has the perfect combo of adventure and indulgence for a girls' trip. | **G**  +7QWE19-028+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2019 Ep: 1 (R) ’CC’**  From the mountains to the estuaries Scotty tags along on boating, camping and fishing adventures with cricket personalities Lisa Sthalekar, Geoff Lawson, Mike Whitney and Peter Forrest. | **G**  +7CTC19-001+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 1 (R) ’CC’**  Alastair tours the future of farming, Jess discovers there are plenty of treats to enjoy in Canungra and Courtney meets the incredible duo behind fashion label, Easton Pearson. | **G**  +GDOT19-001+ |

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| 02:30 | **Home In WA (R)**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-010+ |

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike heads to the Caravan Camping Holiday Supershow. Mel checks out this year's Vivid Festival. Karen eats at some of the new quirky places serving steak in Parramatta and Wetherill Park. | **G**  +7SWE26-011+ |

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| 03:30 | **SA Weekender: Sa Weekender 2018 Ep: 31 (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-031+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 28 (R) ’CC’**  Mel is experiencing the Fraser Coast Humpback playground both on and in the water. Liz explores a holiday home, while Victoria has the perfect combo of adventure and indulgence for a girls' trip. | **G**  +7QWE19-028+ |

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| 05:30 | **Home In WA (R)**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-010+ |

**Monday 14 October 2019**

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| 06:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 28 (R) ’CC’**  Mel is experiencing the Fraser Coast Humpback playground both on and in the water. Liz explores a holiday home, while Victoria has the perfect combo of adventure and indulgence for a girls' trip. | **G**  +7QWE19-028+ |

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| 06:30 | **Kid's Baking Championships (R)**  The five remaining kid bakers must use three types of candy in a dessert but also keep it balanced, because it's a fine line between candymonium and candy overload. | **G**  +KBAC02-006+ |

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| 07:30 | **Crazy Cakes: Castles, Coral And Camo Cakes (R)**  A cake from Down Under brings a mermaid and sea creatures to life, and a baby's gender is revealed with fairy tale castle flair. | **PG**  +CRAZ01-007+ |

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| 08:00 | **Reality Cupcakes: Give A Dog A Cupcake (R)**  Ashley Foxen makes dog-bone cupcakes for puppies and their owners at a New York City dog cafe. | **PG**  +RCUP01-007+ |

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| 08:30 | **Cupcake Wars: Screamfest (R)**  Horror director Eli Roth is special guest judge, as four cupcake bakers try to scare their way into the closing night VIP party for Screamfest at the famous Grauman's Chinese Theater in Hollywood. | **PG**  +CUPW04-012+ |

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| 09:30 | **Cake Wars: Charlie Brown's All-Stars (R)**  Charlie Brown, Snoopy and the whole Peanuts gang are headed to Cake Wars to celebrate the 50th anniversary of the iconic special Charlie Brown's All-Stars! | **PG**  +CAKW03-003+ |

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| 10:30 | **Better Homes And Gardens (R) ’CC’**  Joh and Karen travel to the heart of London to visit Covent Garden. Adam turns a workshop benchtop into a work of art. Ed makes barbecue migas. Dr Harry helps a family with destructive parrots. | **G**  +BHAG25-037+ |

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| 12:00 | **Cupcake Wars: Screamfest (R)**  Horror director Eli Roth is special guest judge, as four cupcake bakers try to scare their way into the closing night VIP party for Screamfest at the famous Grauman's Chinese Theater in Hollywood. | **PG**  +CUPW04-012+ |

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| 14:00 | **Kid's Baking Championships (R)**  The five remaining kid bakers must use three types of candy in a dessert but also keep it balanced, because it's a fine line between candymonium and candy overload. | **G**  +KBAC02-006+ |

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| 15:00 | **Ridiculous Cakes: Doggonest Cake Ever Made (R)**  Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG**  +RICA01-008+ |

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| 15:30 | **The Pioneer Woman: FAQ (R)**  Ree Drummond hosts a Pioneer Woman Q and A with answers starring a stunning Slow Cooker Mexican Soup and a healthy Killer Kale Salad. | **PG**  +PIWO13-003+ |

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| 16:00 | **House Of Wellness (R) ’CC’**  Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Rachael Finch, Jo Stanley and Luke Hines. | **PG**  +HOWL03-034+ |

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| 17:00 | **Giada At Home: Springtime Celebrations (R)**  Giada De Laurentiis creates a springtime feast to celebrate the season with family and friends. | **PG**  +GIHO08-008+ |

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| 17:30 | **The Kitchen: Fresh New Flavors (R)**  Exploring new flavors, starting with Sunny Anderson's Bruschetta Burger and Katie Lee's Barbecue Salmon Cobb Salad. Creating fresh, seasonal dishes is easy with a Field Guide to Greens. | **PG**  +TKIT13-007+ |

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| 18:30 | **Chopped: Father's Day (R)**  Who could ask for a better teammate in the Chopped Kitchen than good ol' Dad? Four fathers join forces with their grown-up kids to make collaborative dishes and to make their families proud. | **PG**  +CHPD34-010+ |

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| 19:30 | **Gordon, Gino And Fred: The Ultimate Roadtrip (R) ’CC’**  Gordon, Gino and Fred pack up their camper van once again and head off on a European adventure, but this time it's personal as each episode takes us on a tour of their cherished homelands. | **M (L)**  +GGAF01-001+ |

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| 20:30 | **Hell's Kitchen USA NEW EPISODE**  World renowned chef Gordon Ramsay puts aspiring young chefs through rigorous cooking challenges and dinner services at his restaurant in Hollywood. | **MA (L)**  +HEKI15-014+ |

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| 21:30 | **Hell's Kitchen USA NEW EPISODE**  World renowned chef Gordon Ramsay puts aspiring young chefs through rigorous cooking challenges and dinner services at his restaurant in Hollywood. | **M (L)**  +HEKI15-015+ |

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| 22:30 | **Hell's Kitchen USA NEW EPISODE**  World renowned chef Gordon Ramsay puts aspiring young chefs through rigorous cooking challenges and dinner services at his restaurant in Hollywood. | **M (L)**  +HEKI15-016+ |

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| 23:30 | **Chopped: Father's Day (R)**  Who could ask for a better teammate in the Chopped Kitchen than good ol' Dad? Four fathers join forces with their grown-up kids to make collaborative dishes and to make their families proud. | **PG**  +CHPD34-010+ |

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| 00:30 | **SA Weekender: Sa Weekender 2018 Ep: 32 (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-032+ |

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| 01:00 | **Queensland Weekender: 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: 2 (R) ’CC’**  Join Roger on a caravanning journey of a lifetime to Moreton Island. | **G**  +7CTC19-002+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 2 (R) ’CC’**  Jillian uncovers all that is new in West End's art scene, Tamsyn enjoys a solar powered canoe ride through paradise while Laurel uncovers a few hidden gems on a daytrip to Brisbane's bayside. | **G**  +GDOT19-002+ |

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| 02:30 | **Home In WA (R)**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-011+ |

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike checks out the Southern Highlands. Lizzy heads to K Ranch Arena, a Texas-style ranch in Wollondilly. Luke explores the Lake Illawarra Art Trail. Erica sets sail aboard the Majestic Princess. | **G**  +7SWE26-012+ |

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| 03:30 | **SA Weekender: Sa Weekender 2018 Ep: 32 (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-032+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2019 Ep: 2 (R) ’CC’**  Join Roger on a caravanning journey of a lifetime to Moreton Island. | **G**  +7CTC19-002+ |

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| 05:30 | **Home In WA (R)**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-011+ |

**Tuesday 15 October 2019**

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| 06:00 | **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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| 06:30 | **Ten Dollar Dinners: Panini Pinching**  Melissa d'Arabian prepares one of her favorite sandwiches, the classic Cubano. Featuring roast pork, sliced ham, swiss cheese, and Melissa's homemade Quick Garlic Pickles. | **G**  +TEDD06-010+ |

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| 07:00 | **The Pioneer Woman: FAQ (R)**  Ree Drummond hosts a Pioneer Woman Q and A with answers starring a stunning Slow Cooker Mexican Soup and a healthy Killer Kale Salad. | **PG**  +PIWO13-003+ |

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| 07:30 | **The Kitchen: Fresh New Flavors (R)**  Exploring new flavors, starting with Sunny Anderson's Bruschetta Burger and Katie Lee's Barbecue Salmon Cobb Salad. Creating fresh, seasonal dishes is easy with a Field Guide to Greens. | **PG**  +TKIT13-007+ |

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| 08:30 | **Rachael Ray's Week In A Day: Game On! (R)**  A feast that'll keep your team fed through an entire week of big games. Cincinnati Spaghetti; Pork and Broccoli Rabe Ciabatta Subs; Buffalo Turkey Sloppy Joes; Brisket Bowls | **PG**  +WIAD05-006+ |

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| 09:30 | **Giada At Home: Springtime Celebrations (R)**  Giada De Laurentiis creates a springtime feast to celebrate the season with family and friends. | **PG**  +GIHO08-008+ |

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| 10:00 | **Ten Dollar Dinners: Panini Pinching (R)**  Melissa d'Arabian prepares one of her favorite sandwiches, the classic Cubano. Featuring roast pork, sliced ham, swiss cheese, and Melissa's homemade Quick Garlic Pickles. | **G**  +TEDD06-010+ |

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| 13:00 | **Chopped: Father's Day (R)**  Who could ask for a better teammate in the Chopped Kitchen than good ol' Dad? Four fathers join forces with their grown-up kids to make collaborative dishes and to make their families proud. | **PG**  +CHPD34-010+ |

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| 15:30 | **Better Homes And Gardens (R) ’CC’**  Joh and Pete visit a Fitzroy terrace home with a difference. Karen makes pork enchiladas. Dr Harry meets a French bulldog that howls whenever it gets left alone. | **G**  +BHAG25-035+ |

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| 16:30 | **The Pioneer Woman: Market Meet-Up (R)**  Ree Drummond is opening a mercantile at her building in town, so she's throwing an on-site dinner for her girlfriends who've helped her stock the store. | **PG**  +PIWO13-004+ |

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| 17:00 | **Giada At Home: Starry, Starry Night (R)**  Giada De Laurentiis hosts a star-themed cocktail part. The menu includes small bites like Crispy Bacon-Wrapped Dates with Lemon Basil Crema, and Crostini with Ricotta and Pink Peppercorns. | **PG**  +GIHO08-009+ |

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| 17:30 | **The Kitchen: Get Your Grill On (R)**  The hosts get their grill ready for spring and put some grilling gadgets to the test in a Tool Takedown. Jeff Mauro makes a mouth-watering Grilled Braciole and Marcela makes Grilled Cole Slaw. | **PG**  +TKIT13-008+ |

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| 18:30 | **Chopped: Got Your Goat? (R)**  The chefs race to figure out what to do with a seafood product and some boozy veggies in the first round. | **PG**  +CHPD34-011+ |

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| 19:30 | **Mystery Diners: Bad Credit (R)**  When Chef Chai, owner of his namesake restaurant in Honolulu, notices multiple ticket voids, he contacts Charles Stiles for help. | **PG**  +MYSD08-013+ |

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| 20:00 | **Mystery Diners: Deli Drama (R)**  Fearing that his new baker is taking artistic license with customer cake orders, Lenny, owner of Lenny's Deli in Los Angeles, asks Charles Stiles to investigate. | **PG**  +MYSD09-001+ |

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| 20:30 | **Restaurant: Impossible: Pie In The Sky (R)**  Chef Robert Irvine heads to Mason, Ohio to try to save Aponte's Pizzeria. Owner Tony has worked in restaurants since he was 11 years old and is a Jersey boy, complete with the attitude and edge. | **PG**  +RIMP06-013+ |

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| 21:30 | **Restaurant: Impossible: Poco's On The Boulevard (R)**  Chef Robert Irvine is heading to Kansas City, Mo., to save a once flourishing family restaurant and repair the relationship between two sisters. | **PG**  +RIMP05-001+ |

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| 22:30 | **Mystery Diners: Bad Credit (R)**  When Chef Chai, owner of his namesake restaurant in Honolulu, notices multiple ticket voids, he contacts Charles Stiles for help. | **PG**  +MYSD08-013+ |

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| 23:30 | **Chopped: Got Your Goat? (R)**  The chefs race to figure out what to do with a seafood product and some boozy veggies in the first round. | **PG**  +CHPD34-011+ |

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| 00:30 | **SA Weekender: SA Weekender 2018 Ep: 33 (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-033+ |

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| 01:00 | **Queensland Weekender: 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: 3 (R) ’CC’**  Olivia has a surprise for Scotty as they explore Vanuatu, Paul Burt is looking after his mate, Sally is cooking flathead and Liz is in her home town of the Gold Coast. | **G**  +7CTC19-003+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 3 (R) ’CC’**  Alastair is on a tantalising tour of the Scenic Rim, we spend a day on the Gold Coast with Olympic hurdler Sally Pearson while Karni Liddell saddles up for a horse ride in Byron Bay. | **G**  +GDOT19-003+ |

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| 02:30 | **Home In WA**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-012+ |

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike heads to Hunter Valley Zoo, and checks out its baby alligators, primates and koalas. Fliss joins up with a Clean Up Kayak tour, scooping up litter in Lavender Bay. Mel checks out Vivid. | **G**  +7SWE26-013+ |

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| 03:30 | **SA Weekender: SA Weekender 2018 Ep: 33 (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-033+ |

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| 04:00 | **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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| 04:30 | **Creek To Coast: Creek To Coast 2019 Ep: 3 (R) ’CC’**  Olivia has a surprise for Scotty as they explore Vanuatu, Paul Burt is looking after his mate, Sally is cooking flathead and Liz is in her home town of the Gold Coast. | **G**  +7CTC19-003+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 3 (R) ’CC’**  Alastair is on a tantalising tour of the Scenic Rim, we spend a day on the Gold Coast with Olympic hurdler Sally Pearson while Karni Liddell saddles up for a horse ride in Byron Bay. | **G**  +GDOT19-003+ |

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| 05:30 | **Home In WA (R)**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-012+ |

**Wednesday 16 October 2019**

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| 06:00 | **Restaurant: Impossible: Pie In The Sky (R)**  Chef Robert Irvine heads to Mason, Ohio to try to save Aponte's Pizzeria. Owner Tony has worked in restaurants since he was 11 years old and is a Jersey boy, complete with the attitude and edge. | **PG**  +RIMP06-013+ |

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| 07:00 | **The Pioneer Woman: Market Meet-Up (R)**  Ree Drummond is opening a mercantile at her building in town, so she's throwing an on-site dinner for her girlfriends who've helped her stock the store. | **PG**  +PIWO13-004+ |

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| 07:30 | **The Kitchen: Get Your Grill On (R)**  The hosts get their grill ready for spring and put some grilling gadgets to the test in a Tool Takedown. Jeff Mauro makes a mouth-watering Grilled Braciole and Marcela makes Grilled Cole Slaw. | **PG**  +TKIT13-008+ |

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| 08:30 | **Restaurant: Impossible: Poco's On The Boulevard (R)**  Chef Robert Irvine is heading to Kansas City, Mo., to save a once flourishing family restaurant and repair the relationship between two sisters. | **PG**  +RIMP05-001+ |

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| 09:30 | **Giada At Home: Starry, Starry Night (R)**  Giada De Laurentiis hosts a star-themed cocktail part. The menu includes small bites like Crispy Bacon-Wrapped Dates with Lemon Basil Crema, and Crostini with Ricotta and Pink Peppercorns. | **PG**  +GIHO08-009+ |

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| 10:00 | **Ten Dollar Dinners: Wallet Friendly Wraps**  Melissa d'Arabian rolls up Turkey Lettuce Wraps, light and satisfying with a protein-packed filling, served with crisp veggies and a soy-mustard sauce. | **G**  +TEDD06-011+ |

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| 10:30 | **The Pioneer Woman: Market Meet-Up (R)**  Ree Drummond is opening a mercantile at her building in town, so she's throwing an on-site dinner for her girlfriends who've helped her stock the store. | **PG**  +PIWO13-004+ |

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| 11:00 | **Restaurant: Impossible: Pie In The Sky (R)**  Chef Robert Irvine heads to Mason, Ohio to try to save Aponte's Pizzeria. Owner Tony has worked in restaurants since he was 11 years old and is a Jersey boy, complete with the attitude and edge. | **PG**  +RIMP06-013+ |

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| 12:00 | **The Kitchen: Get Your Grill On (R)**  The hosts get their grill ready for spring and put some grilling gadgets to the test in a Tool Takedown. Jeff Mauro makes a mouth-watering Grilled Braciole and Marcela makes Grilled Cole Slaw. | **PG**  +TKIT13-008+ |

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| 13:00 | **Chopped: Got Your Goat? (R)**  The chefs race to figure out what to do with a seafood product and some boozy veggies in the first round. | **PG**  +CHPD34-011+ |

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| 14:00 | **Giada At Home: Starry, Starry Night (R)**  Giada De Laurentiis hosts a star-themed cocktail part. The menu includes small bites like Crispy Bacon-Wrapped Dates with Lemon Basil Crema, and Crostini with Ricotta and Pink Peppercorns. | **PG**  +GIHO08-009+ |

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| 14:30 | **Restaurant: Impossible: Poco's On The Boulevard (R)**  Chef Robert Irvine is heading to Kansas City, Mo., to save a once flourishing family restaurant and repair the relationship between two sisters. | **PG**  +RIMP05-001+ |

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| 15:30 | **Mystery Diners: Bad Credit (R)**  When Chef Chai, owner of his namesake restaurant in Honolulu, notices multiple ticket voids, he contacts Charles Stiles for help. | **PG**  +MYSD08-013+ |

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| 16:00 | **Mystery Diners: Deli Drama (R)**  Fearing that his new baker is taking artistic license with customer cake orders, Lenny, owner of Lenny's Deli in Los Angeles, asks Charles Stiles to investigate. | **PG**  +MYSD09-001+ |

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| 16:30 | **The Pioneer Woman: Tequila (R)**  It's tequila all the way as Ree Drummond tests making a whole meal with a bottle of tequila. | **PG**  +PIWO13-005+ |

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| 17:00 | **Giada At Home: The Steak House (R)**  Giada De Laurentiis visits the Belcampo Meat Company in L.A.'s Grand Central Market to learn about different cuts of meat. | **PG**  +GIHO08-010+ |

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| 17:30 | **The Kitchen: Serve Up Some Summer (R)**  The Kitchen welcomes the flavors of summer. Head outside for the verdict on some of the worst BBQ habits, and learn new ways to keep an outdoor party cool using ice. | **PG**  +TKIT13-009+ |

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| 18:30 | **Chopped: Bangin' Backyard Cookout (R)**  The chefs imagine they're making a memorable meal for a backyard party in this cookout competition. | **PG**  +CHPD34-012+ |

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| 19:30 | **Restaurant: Impossible: Clueless In The Country (R)**  Chef Robert Irvine may have met one of the most clueless owners he's encountered at Heather's Country Kitchen. | **PG**  +RIMP07-010+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: The Glass House (R) ’CC’**  Gordon travels to The Glass House Restaurant, where orders in the kitchen are mixed up, food's not cooked properly and the customers are complaining. | **M (L)**  +RAKN01-002+ |

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| 21:30 | **Mystery Diners: Bowling For Dollars (R)**  After hearing complaints about rowdy customers, Bryan, owner of Corbin Bowling Center in Tarzana, Calif., contacts Charles Stiles for help. Mystery Diners Eliot and Kendall go undercover. | **PG**  +MYSD09-002+ |

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| 22:00 | **Mystery Diners: Very Bad Bosses (R)**  A waitstaff in California contact Charles to do a reverse sting on their employer, in order to bring their alleged mistreatment to light. | **PG**  +MYSD09-003+ |

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| 22:30 | **Restaurant: Impossible: Clueless In The Country (R)**  Chef Robert Irvine may have met one of the most clueless owners he's encountered at Heather's Country Kitchen. | **PG**  +RIMP07-010+ |

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| 23:30 | **Chopped: Bangin' Backyard Cookout (R)**  The chefs imagine they're making a memorable meal for a backyard party in this cookout competition. | **PG**  +CHPD34-012+ |

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| 00:30 | **SA Weekender: SA Weekender 2018 Ep: 34 (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-034+ |

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| 01:00 | **Queensland Weekender: 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: 4 (R) ’CC’**  From big pelagics, to monster reefies Scotty and his son Bailey take us way out to the fringing reefs offshore from Airlie Beach. | **G**  +7CTC19-004+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 4 (R) ’CC’**  Courtney visits a country town, south of Toowoomba, Alastair checks out the newest and healthiest foodie trend while Billy is relaxing at a luxury island escape where celebrities have stayed. | **G**  +GDOT19-004+ |

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| 02:30 | **Home In WA**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-013+ |

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike visits a Mudgee property that has artist-inspiring scenery. Simone checks out Featherdale Wildlife Park. Mel stays at Elements of Byron, a five-star resort. Andrew Daddo eats at Manly Greenhouse. | **G**  +7SWE26-014+ |

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| 03:30 | **SA Weekender: SA Weekender 2018 Ep: 34 (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-034+ |

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| 04:00 | **Queensland Weekender: 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: 4 (R) ’CC’**  From big pelagics, to monster reefies Scotty and his son Bailey take us way out to the fringing reefs offshore from Airlie Beach. | **G**  +7CTC19-004+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 4 (R) ’CC’**  Courtney visits a country town, south of Toowoomba, Alastair checks out the newest and healthiest foodie trend while Billy is relaxing at a luxury island escape where celebrities have stayed. | **G**  +GDOT19-004+ |

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| 05:30 | **Home In WA (R)**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-013+ |

**Thursday 17 October 2019**

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| 06:00 | **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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| 06:30 | **Ten Dollar Dinners: Wallet Friendly Wraps (R)**  Melissa d'Arabian rolls up Turkey Lettuce Wraps, light and satisfying with a protein-packed filling, served with crisp veggies and a soy-mustard sauce. | **G**  +TEDD06-011+ |

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| 07:00 | **The Pioneer Woman: Tequila (R)**  It's tequila all the way as Ree Drummond tests making a whole meal with a bottle of tequila. | **PG**  +PIWO13-005+ |

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| 07:30 | **The Kitchen: Serve Up Some Summer (R)**  The Kitchen welcomes the flavors of summer. Head outside for the verdict on some of the worst BBQ habits, and learn new ways to keep an outdoor party cool using ice. | **PG**  +TKIT13-009+ |

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| 08:30 | **Mystery Diners: Bowling For Dollars (R)**  After hearing complaints about rowdy customers, Bryan, owner of Corbin Bowling Center in Tarzana, Calif., contacts Charles Stiles for help. Mystery Diners Eliot and Kendall go undercover. | **PG**  +MYSD09-002+ |

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| 09:00 | **Mystery Diners: Very Bad Bosses (R)**  A waitstaff in California contact Charles to do a reverse sting on their employer, in order to bring their alleged mistreatment to light. | **PG**  +MYSD09-003+ |

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| 09:30 | **Giada At Home: The Steak House (R)**  Giada De Laurentiis visits the Belcampo Meat Company in L.A.'s Grand Central Market to learn about different cuts of meat. | **PG**  +GIHO08-010+ |

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| 10:00 | **Ten Dollar Dinners: Pan-Asian Perfection**  Melissa prepares Asian Marinated Pork Chops and a variety of sides. | **G**  +TEDD06-012+ |

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| 10:30 | **The Pioneer Woman: Tequila (R)**  It's tequila all the way as Ree Drummond tests making a whole meal with a bottle of tequila. | **PG**  +PIWO13-005+ |

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| 11:00 | **Rachael Ray's Week In A Day: Diner Lovers' Week (R)**  Ever look at a diner menu and just can't decide on one thing? Then sink your teeth into a whole week's worth of diner food you can make in one day. Diner Style Hot Turkey Sandwiches | **PG**  +WIAD05-007+ |

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| 12:00 | **The Kitchen: Serve Up Some Summer (R)**  The Kitchen welcomes the flavors of summer. Head outside for the verdict on some of the worst BBQ habits, and learn new ways to keep an outdoor party cool using ice. | **PG**  +TKIT13-009+ |

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| 13:00 | **Chopped: Bangin' Backyard Cookout (R)**  The chefs imagine they're making a memorable meal for a backyard party in this cookout competition. | **PG**  +CHPD34-012+ |

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| 14:00 | **Giada At Home: The Steak House (R)**  Giada De Laurentiis visits the Belcampo Meat Company in L.A.'s Grand Central Market to learn about different cuts of meat. | **PG**  +GIHO08-010+ |

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| 14:30 | **Restaurant: Impossible: Clueless In The Country (R)**  Chef Robert Irvine may have met one of the most clueless owners he's encountered at Heather's Country Kitchen. | **PG**  +RIMP07-010+ |

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| 15:30 | **Mystery Diners: Bowling For Dollars (R)**  After hearing complaints about rowdy customers, Bryan, owner of Corbin Bowling Center in Tarzana, Calif., contacts Charles Stiles for help. Mystery Diners Eliot and Kendall go undercover. | **PG**  +MYSD09-002+ |

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| 16:00 | **Mystery Diners: Very Bad Bosses (R)**  A waitstaff in California contact Charles to do a reverse sting on their employer, in order to bring their alleged mistreatment to light. | **PG**  +MYSD09-003+ |

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| 16:30 | **The Pioneer Woman: Mom's Day (R)**  It's a fun day of treats for Mom - while Ladd and the kids wash her truck. | **PG**  +PIWO13-006+ |

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| 17:00 | **Giada At Home: Friends For Lunch (R)**  Giada De Laurentiis's daughter, Jade, has invited some friends over for an after-school lunch, so Giada is whipping up a fun kid-friendly menu. | **PG**  +GIHO08-011+ |

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| 17:30 | **The Kitchen: Summer Sides (R)**  The Kitchen is serving up summer sides! Sunny Anderson turns dinner favorite steak and potatoes into an Easy T-Bone Steak N' Potato Salad. | **PG**  +TKIT13-010+ |

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| 18:30 | **Chopped: Greater Tater (R)**  The chefs learn that their competition has a potato theme, with spuds of some kind in every basket. The chefs must incorporate two tater products into their Canadian bacon appetizers. | **PG**  +CHPD34-013+ |

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| 19:30 | **Ramsay's Hotel Hell: The Cambridge (R) ’CC’**  Gordon Ramsay checks into a haunted hotel. Starring:GORDON RAMSAY | **M (L)**  +HELL01-001+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: La Riviera - Revisited (R) ’CC’**  Gordon returns to La Riviera. The restaurant has met with more success since his first visit, but will chef Loic continue to resist French frills and achieve his ambition of a Michelin star? | **M (L)**  +RAKN02-010+ |

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| 21:30 | **Ramsay's Kitchen Nightmares: Momma Cherri's - Revisited (R) ’CC’**  Gordon revisits Momma Cherri's Restaurant. While customers are flooding in, owner Charita finds herself beset with new problems, including how to control her staff. | **M (L)**  +RAKN02-009+ |

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| 22:30 | **Ramsay's Hotel Hell: Juniper Hill - Part 2 (R) ’CC’**  Gordon Ramsay checks in and may check out on part two. Starring:GORDON RAMSAY | **M (L)**  +HELL01-005+ |

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| 23:30 | **Chopped: Greater Tater (R)**  The chefs learn that their competition has a potato theme, with spuds of some kind in every basket. The chefs must incorporate two tater products into their Canadian bacon appetizers. | **PG**  +CHPD34-013+ |

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| 00:30 | **SA Weekender: SA Weekender 2018 Ep: 35 (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-035+ |

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| 01:00 | **Queensland Weekender: 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: 5 (R) ’CC’**  Olivia catches up with MKR's Stacey and Ash, the friendly pirate. Two cricketers and one kayak what could go wrong plus Scotty has all the tricks to surface fishing. | **G**  +7CTC19-005+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 5 (R) ’CC’**  Jillian meets the furry locals on a weekend away in the Blackall Range, Jess explores the Gold Coast creative scene while Laurel visits the most unique nurseries in Brisbane. | **G**  +GDOT19-005+ |

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| 02:30 | **Home In WA**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-014+ |

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike heads to Maitland and Morpeth, the historic and quaint villages of the Hunter region. Lea visits Muswellbrook. Matty is on a relaxing weekender staying at the luxe new Bannisters Port Stephens. | **G**  +7SWE26-015+ |

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| 03:30 | **SA Weekender: SA Weekender 2018 Ep: 35 (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-035+ |

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| 04:00 | **Queensland Weekender: 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: 5 (R) ’CC’**  Olivia catches up with MKR's Stacey and Ash, the friendly pirate. Two cricketers and one kayak what could go wrong plus Scotty has all the tricks to surface fishing. | **G**  +7CTC19-005+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 5 (R) ’CC’**  Jillian meets the furry locals on a weekend away in the Blackall Range, Jess explores the Gold Coast creative scene while Laurel visits the most unique nurseries in Brisbane. | **G**  +GDOT19-005+ |

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| 05:30 | **Home In WA (R)**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-014+ |

**Friday 18 October 2019**

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| 06:00 | **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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| 06:30 | **Ten Dollar Dinners: Pan-Asian Perfection (R)**  Melissa prepares Asian Marinated Pork Chops and a variety of sides. | **G**  +TEDD06-012+ |

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

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| 07:30 | **The Kitchen: Summer Sides (R)**  The Kitchen is serving up summer sides! Sunny Anderson turns dinner favorite steak and potatoes into an Easy T-Bone Steak N' Potato Salad. | **PG**  +TKIT13-010+ |

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| 08:30 | **Rachael Ray's Week In A Day: Diner Lovers' Week (R)**  Ever look at a diner menu and just can't decide on one thing? Then sink your teeth into a whole week's worth of diner food you can make in one day. Diner Style Hot Turkey Sandwiches | **PG**  +WIAD05-007+ |

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| 09:30 | **Giada At Home: Friends For Lunch (R)**  Giada De Laurentiis's daughter, Jade, has invited some friends over for an after-school lunch, so Giada is whipping up a fun kid-friendly menu. | **PG**  +GIHO08-011+ |

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| 10:00 | **Ten Dollar Dinners: Scarpetta Swap Out**  Go behind the scenes with Melissa d'Arabian as Scott Conant shares secrets to his restaurant hits, then see Melissa make her budget-friendly versions at home. | **G**  +TEDD06-013+ |

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| 10:30 | **The Pioneer Woman: Mom's Day (R)**  It's a fun day of treats for Mom - while Ladd and the kids wash her truck. | **PG**  +PIWO13-006+ |

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| 11:00 | **Rachael Ray's Week In A Day: Count Your Chickens (R)**  Two cooked chickens equal a week's worth of satisfying suppers. Chicken and Mushrooms with Rigatoni; Chicken and Chorizo Spanish Enchiladas; Derby Sage Mac and Cheese with Ham and much more. | **PG**  +WIAD05-008+ |

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| 12:00 | **The Kitchen: Summer Sides (R)**  The Kitchen is serving up summer sides! Sunny Anderson turns dinner favorite steak and potatoes into an Easy T-Bone Steak N' Potato Salad. | **PG**  +TKIT13-010+ |

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| 13:00 | **Chopped: Greater Tater (R)**  The chefs learn that their competition has a potato theme, with spuds of some kind in every basket. The chefs must incorporate two tater products into their Canadian bacon appetizers. | **PG**  +CHPD34-013+ |

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| 14:00 | **Giada At Home: Friends For Lunch (R)**  Giada De Laurentiis's daughter, Jade, has invited some friends over for an after-school lunch, so Giada is whipping up a fun kid-friendly menu. | **PG**  +GIHO08-011+ |

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| 14:30 | **Rachael Ray's Week In A Day: Count Your Chickens (R)**  Two cooked chickens equal a week's worth of satisfying suppers. Chicken and Mushrooms with Rigatoni; Chicken and Chorizo Spanish Enchiladas; Derby Sage Mac and Cheese with Ham and much more. | **PG**  +WIAD05-008+ |

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| 15:30 | **Giada At Home: 15-Minute Pastas (R)**  It's a busy weeknight and you want to get a great dinner on the table fast. Giada De Laurentiis shows us how to make four pasta dishes that can all be accomplished in 15 minutes. | **PG**  +GIHO08-012+ |

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| 16:00 | **The Pioneer Woman: Kit And Caboodle (R)**  Ree Drummond's knocking out four fabulous get-ahead meal kits, portioned, prepped and ready to go. | **PG**  +PIWO13-007+ |

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| 16:30 | **House Of Wellness (R) ’CC’**  Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Rachael Finch, Jo Stanley and Luke Hines. | **PG**  +HOWL03-034+ |

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| 17:30 | **The Kitchen: Throw A Party For Your Pop (R)**  The Kitchen kicks off Father's Day celebrations with a stack of Marcela Valladolid's Sausage and Bacon Pancakes and a lesson in building a golf course cake with a store-bought cake. | **PG**  +TKIT13-011+ |

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| 18:30 | **Chopped: Smorgastarta Your Engines (R)**  Appetizers are made with a smorgastarta Swedish layer cake. Competitors find the entree complicated because the eggplant preserved in sugar must be incorporated into desserts. | **PG**  +CHPD31-001+ |

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| 19:30 | **Restaurant: Impossible: Living In The Dark Ages (R)**  Chef Robert Irvine tackles his first-ever theme restaurant, when he comes to the aid of Buzz, the owner of Cave Inn BBQ, a new caveman/dinosaur themed restaurant. | **PG**  +RIMP08-011+ |

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| 20:30 | **Mystery Diners: Barrel Of Monkeys (R)**  Damian, owner of Doffo Winery in Temecula, Calif., contacts Charles Stiles after noticing missing wine barrels. Mystery Diners Jamie and Kendall go undercover to see which employees are responsible. | **PG**  +MYSD09-004+ |

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| 21:00 | **Mystery Diners: Red Hot Mess (R)**  Sonny and Sage, owners of Hot Red Bus near Los Angeles, contact Charles Stiles after hearing rumors that their restaurant is open on the one day it's supposed to be closed. | **PG**  +MYSD09-005+ |

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| 21:30 | **Mystery Diners: Private Chef Sting (R)**  Having already been helped by Mystery Diners in the past, Nico, owner of Capo's Speakeasy in Las Vegas, contacts Charles Stiles to help with a personal problem at his new home. | **PG**  +MYSD09-006+ |

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| 22:00 | **Mystery Diners: Repeat Offender (R)**  The undercover team discover that a problem employee, previously busted by Charles, is now working for a New Orleans restaurateur. | **PG**  +MYSD09-007+ |

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| 22:30 | **Restaurant: Impossible: Living In The Dark Ages (R)**  Chef Robert Irvine tackles his first-ever theme restaurant, when he comes to the aid of Buzz, the owner of Cave Inn BBQ, a new caveman/dinosaur themed restaurant. | **PG**  +RIMP08-011+ |

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| 23:30 | **Mystery Diners: Barrel Of Monkeys (R)**  Damian, owner of Doffo Winery in Temecula, Calif., contacts Charles Stiles after noticing missing wine barrels. Mystery Diners Jamie and Kendall go undercover to see which employees are responsible. | **PG**  +MYSD09-004+ |

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| 00:00 | **Mystery Diners: Red Hot Mess (R)**  Sonny and Sage, owners of Hot Red Bus near Los Angeles, contact Charles Stiles after hearing rumors that their restaurant is open on the one day it's supposed to be closed. | **PG**  +MYSD09-005+ |

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| 00:30 | **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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| 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: 6 (R) ’CC’**  Roger is answering your emails and taking a sledgehammer to his canopy. Andrew shows barbequing at its best, Olivia is exploring Vanuatu and it is all about the bass for Scotty at Lake Borumba. | **G**  +7CTC19-006+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 6 (R) ’CC’**  Jess is on a health kick in Cleveland, Billy has found Brisbane's answer to the Amazing Race. Courtney learns a few culinary skills while Tamsyn has budget ways to get fit and healthy in Brisbane. | **G**  +GDOT19-006+ |

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| 02:30 | **Home In WA**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-015+ |

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike returns to Port Macquarie. Sally visits Auburn Botanic Gardens. Matt catches up with singer Ricki-Lee for a tour of the State Theatre. | **G**  +7SWE26-016+ |

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| 03:30 | **SA Weekender: Sa Weekender 2018 Ep: 36 (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-036+ |

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| 04:00 | **Queensland Weekender: 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: 6 (R) ’CC’**  Roger is answering your emails and taking a sledgehammer to his canopy. Andrew shows barbequing at its best, Olivia is exploring Vanuatu and it is all about the bass for Scotty at Lake Borumba. | **G**  +7CTC19-006+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 6 (R) ’CC’**  Jess is on a health kick in Cleveland, Billy has found Brisbane's answer to the Amazing Race. Courtney learns a few culinary skills while Tamsyn has budget ways to get fit and healthy in Brisbane. | **G**  +GDOT19-006+ |

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| 05:30 | **Home In WA (R)**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-015+ |

**Saturday 19 October 2019**

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| 06:00 | **Giada At Home: 15-Minute Pastas (R)**  It's a busy weeknight and you want to get a great dinner on the table fast. Giada De Laurentiis shows us how to make four pasta dishes that can all be accomplished in 15 minutes. | **PG**  +GIHO08-012+ |

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| 06:30 | **Better Homes And Gardens (R) ’CC’**  Joh and Karen travel to the heart of London to visit Covent Garden. Adam turns a workshop benchtop into a work of art. Ed makes barbecue migas. Dr Harry helps a family with destructive parrots. | **G**  +BHAG25-037+ |

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| 08:00 | **Restaurant: Impossible: Living In The Dark Ages (R)**  Chef Robert Irvine tackles his first-ever theme restaurant, when he comes to the aid of Buzz, the owner of Cave Inn BBQ, a new caveman/dinosaur themed restaurant. | **PG**  +RIMP08-011+ |

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| 09:00 | **The Kitchen: Throw A Party For Your Pop (R)**  The Kitchen kicks off Father's Day celebrations with a stack of Marcela Valladolid's Sausage and Bacon Pancakes and a lesson in building a golf course cake with a store-bought cake. | **PG**  +TKIT13-011+ |

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| 10:00 | **Mystery Diners: Private Chef Sting (R)**  Having already been helped by Mystery Diners in the past, Nico, owner of Capo's Speakeasy in Las Vegas, contacts Charles Stiles to help with a personal problem at his new home. | **PG**  +MYSD09-006+ |

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| 10:30 | **Mystery Diners: Repeat Offender (R)**  The undercover team discover that a problem employee, previously busted by Charles, is now working for a New Orleans restaurateur. | **PG**  +MYSD09-007+ |

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| 11:00 | **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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| 12:00 | **Chopped: Smorgastarta Your Engines (R)**  Appetizers are made with a smorgastarta Swedish layer cake. Competitors find the entree complicated because the eggplant preserved in sugar must be incorporated into desserts. | **PG**  +CHPD31-001+ |

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| 13:00 | **Giada At Home: 15-Minute Pastas (R)**  It's a busy weeknight and you want to get a great dinner on the table fast. Giada De Laurentiis shows us how to make four pasta dishes that can all be accomplished in 15 minutes. | **PG**  +GIHO08-012+ |

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| 13:30 | **The Pioneer Woman: Kit And Caboodle (R)**  Ree Drummond's knocking out four fabulous get-ahead meal kits, portioned, prepped and ready to go. | **PG**  +PIWO13-007+ |

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| 14:00 | **The Kitchen: Throw A Party For Your Pop (R)**  The Kitchen kicks off Father's Day celebrations with a stack of Marcela Valladolid's Sausage and Bacon Pancakes and a lesson in building a golf course cake with a store-bought cake. | **PG**  +TKIT13-011+ |

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| 15:00 | **Chopped: Smorgastarta Your Engines (R)**  Appetizers are made with a smorgastarta Swedish layer cake. Competitors find the entree complicated because the eggplant preserved in sugar must be incorporated into desserts. | **PG**  +CHPD31-001+ |

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| 16:00 | **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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| 17:00 | **Mystery Diners: Barrel Of Monkeys (R)**  Damian, owner of Doffo Winery in Temecula, Calif., contacts Charles Stiles after noticing missing wine barrels. Mystery Diners Jamie and Kendall go undercover to see which employees are responsible. | **PG**  +MYSD09-004+ |

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| 17:30 | **Mystery Diners: Red Hot Mess (R)**  Sonny and Sage, owners of Hot Red Bus near Los Angeles, contact Charles Stiles after hearing rumors that their restaurant is open on the one day it's supposed to be closed. | **PG**  +MYSD09-005+ |

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| 18:00 | **Mystery Diners: Private Chef Sting (R)**  Having already been helped by Mystery Diners in the past, Nico, owner of Capo's Speakeasy in Las Vegas, contacts Charles Stiles to help with a personal problem at his new home. | **PG**  +MYSD09-006+ |

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| 18:30 | **Mystery Diners: Repeat Offender (R)**  The undercover team discover that a problem employee, previously busted by Charles, is now working for a New Orleans restaurateur. | **PG**  +MYSD09-007+ |

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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 | **My France With Manu: The Rhone Valley (R) ’CC’**  Manu returns to take us on another journey through his home country. Beginning in the French Alps, he goes mountain biking before heading to Lyon to learn boat jousting and to try the local cuisine. | **PG**  +MANU2-001+ |

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| 21:00 | **Ramsay's Kitchen Nightmares: Rococo (R) ’CC’**  Gordon finds a chef caught in a time warp when he tackles a picturesque but largely unfrequented upmarket restaurant in King's Lynn, a traditional market town on the Norfolk coast. | **MA (L)**  +RAKN03-003+ |

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| 22:00 | **Ramsay's Kitchen Nightmares: Morgans (R) ’CC’**  Gordon grapples with girl power when he takes on an intimate family-run restaurant in the heart of WAG territory near Liverpool. | **MA (L)**  +RAKN03-004+ |

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| 23:00 | **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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| 00:00 | **My France With Manu: The Rhone Valley (R) ’CC’**  Manu returns to take us on another journey through his home country. Beginning in the French Alps, he goes mountain biking before heading to Lyon to learn boat jousting and to try the local cuisine. | **PG**  +MANU2-001+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 34 (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**  +7QWE19-034+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2019 Ep: 7 (R) ’CC’**  Olivia enjoys some retail therapy in Vanuatu, Liz gets carried away on the Pumicestone Passage, Andrew cooks up an easy prawn recipe and Scotty is boating in his backyard. | **G**  +7CTC19-007+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 7 (R) ’CC’**  Jess discovers some delicious hidden gems on the Gold Coast while Alastair is exploring the new way to taste the delights of the Scenic Rim. | **G**  +GDOT19-007+ |

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| 02:30 | **Home In WA**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-016+ |

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike takes a winter tour of the Blue Mountains Botanic Gardens. Candice visits Treetops Networld. Karen meets some sports stars through Fan+ Sports Experiences. | **G**  +7SWE26-017+ |

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| 03:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-037+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 34 (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**  +7QWE19-034+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2019 Ep: 7 (R) ’CC’**  Olivia enjoys some retail therapy in Vanuatu, Liz gets carried away on the Pumicestone Passage, Andrew cooks up an easy prawn recipe and Scotty is boating in his backyard. | **G**  +7CTC19-007+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 7 (R) ’CC’**  Jess discovers some delicious hidden gems on the Gold Coast while Alastair is exploring the new way to taste the delights of the Scenic Rim. | **G**  +GDOT19-007+ |