**Sunday 15 December 2019**

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| 06:00 | **Diners, Drive-Ins And Dives: Poutine, Pizza And Pork (R)**  Guy Fieri travels the country diving into some meaty masterpieces starting at a spot in Longmont, Colorado, that serves craft beer and primo pub grub like their piled-high poutine burger. | **PG**  +DDID27-011+ |

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| 06:30 | **Guy's Big Bite: Thai Takeout Takeover (R)**  Guy Fieri is cooking with chef Aaron May again and it could be their best collaboration yet. They're making Spicy Thai Red Beef Curry with tangy Green Papaya Salad and Coconut Jasmine Rice. | **PG**  +GUBB19-010+ |

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| 07:00 | **The Great Food Truck Race: Battle For The South: Hot Chicken In The City (R)**  Tyler Florence has a surprise for the four remaining food truck teams: a taste of the Nashville's famous hot chicken, prepared by Nashville native and owner of restaurant 400 Degrees, Aqui Hines. | **PG**  +GFTR08-004+ |

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| 08:00 | **Restaurant: Impossible: His Way Or The Highway (R)**  The Windsor 75 in Windsor, Conn., is just seven years old, but is filled with problems - including an outdated decor, five different menus and an overworked staff. | **PG**  +RIMP07-003+ |

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| 09:00 | **Christmas Special: Christmas Cookie Challenge 2 (2016)**  Christmas Cookie Challenge special hosted by Alison Sweeney, five bold and creative bakers compete to prove their holiday cookie-making skills. | **PG**  +FONS01-002+ |

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| 10:00 | **Christmas Special: Santa's New Ride (2016)**  Food artists continue to battle, and they must show the imaginative toys that Santa's elves come up with when left unsupervised. | **PG**  +CAKS01-003+ |

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| 11:00 | **Christmas Special: The Nutcracker (2016)**  Teams will be challenged to show how Santa's elves get in shape. Then, the teams must give the Nutcracker a modern twist. | **PG**  +CAKS01-004+ |

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| 12:00 | **Restaurant: Impossible: His Way Or The Highway (R)**  The Windsor 75 in Windsor, Conn., is just seven years old, but is filled with problems - including an outdated decor, five different menus and an overworked staff. | **PG**  +RIMP07-003+ |

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| 13:00 | **Pacific Island Food Revolution: Masterclass**  Join us on our Pacific cooking competition presenting some of the most delicious food on the planet. | **PG**  +PIFR01-009+ |

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| 14:00 | **Pacific Island Food Revolution: Climate Change**  Join us on our Pacific cooking competition presenting some of the most delicious food on the planet. | **PG**  +PIFR01-010+ |

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| 15:00 | **Christmas Special: Christmas Cookie Challenge 2 (2016)**  Christmas Cookie Challenge special hosted by Alison Sweeney, five bold and creative bakers compete to prove their holiday cookie-making skills. | **PG**  +FONS01-002+ |

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| 17:00 | **Christmas Special: The Nutcracker (2016)**  Teams will be challenged to show how Santa's elves get in shape. Then, the teams must give the Nutcracker a modern twist. | **PG**  +CAKS01-004+ |

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| 18:00 | **Kid's Baking Championship: Mobile App Cookies (R)**  The remaining six kid bakers must design and create mobile app icons out of sugar cookies and explain what each app does. | **PG**  +KBAC03-007+ |

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| 19:00 | **Holiday Baking Championship: Re-Gifting (R)**  Eight bakers enter the kitchen to show off their traditions and baking skills on Holiday Baking Championship. | **PG**  +HOBC02-007+ |

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| 20:00 | **Holiday Baking Championship: Holidays Hoopla (R)**  Eight bakers enter the kitchen to show off their traditions and baking skills on Holiday Baking Championship. | **PG**  +HOBC02-008+ |

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| 21:00 | **Christmas Special: 36 Ways To Live (2012)**  Chef Emmanuel Stroobant opens his home this festive season to share his Christmas cheer. | **PG**  +FONS01-004+ |

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| 22:00 | **Ridiculous Cakes: Pretty Ponies (R)**  My Little Pony comes to life in cake for one lucky girl's horse-themed birthday party. | **PG**  +RICA02-007+ |

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| 22:30 | **Cake Wars: Paddington (R)**  Paddington the Bear is onto his next adventure, bringing his old hat and battered suitcase to visit Cake Wars! | **PG**  +CAKW03-012+ |

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| 23:30 | **Kid's Baking Championship: Mobile App Cookies (R)**  The remaining six kid bakers must design and create mobile app icons out of sugar cookies and explain what each app does. | **PG**  +KBAC03-007+ |

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| 00:30 | **Diners, Drive-Ins And Dives: Poutine, Pizza And Pork (R)**  Guy Fieri travels the country diving into some meaty masterpieces starting at a spot in Longmont, Colorado, that serves craft beer and primo pub grub like their piled-high poutine burger. | **PG**  +DDID27-011+ |

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| 01:00 | **Guy's Big Bite: Thai Takeout Takeover (R)**  Guy Fieri is cooking with chef Aaron May again and it could be their best collaboration yet. They're making Spicy Thai Red Beef Curry with tangy Green Papaya Salad and Coconut Jasmine Rice. | **PG**  +GUBB19-010+ |

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| 01:30 | **The Great Food Truck Race: Battle For The South: Hot Chicken In The City (R)**  Tyler Florence has a surprise for the four remaining food truck teams: a taste of the Nashville's famous hot chicken, prepared by Nashville native and owner of restaurant 400 Degrees, Aqui Hines. | **PG**  +GFTR08-004+ |

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**Monday 16 December 2019**

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| 06:00 | **Special: 36 Ways To Live (2012)**  Chef Emmanuel Stroobant opens his home this festive season to share his Christmas cheer. | **PG**  +FONS01-004+ |

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| 07:00 | **Ridiculous Cakes: Pretty Ponies (R)**  My Little Pony comes to life in cake for one lucky girl's horse-themed birthday party. | **PG**  +RICA02-007+ |

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| 10:00 | **Pacific Island Food Revolution: Masterclass (R)**  Join us on our Pacific cooking competition presenting some of the most delicious food on the planet. | **PG**  +PIFR01-009+ |

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| 12:00 | **Cake Wars: Paddington (R)**  Paddington the Bear is onto his next adventure, bringing his old hat and battered suitcase to visit Cake Wars! | **PG**  +CAKW03-012+ |

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| 17:00 | **The Grill Dads: Frying Just Makes It Awesome (R)**  The road trip continues as the Grill Dads search the country for classic comfort dishes fried up into surprising and incredible meals. | **PG**  +GRIL01-002+ |

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| 17:30 | **The Kitchen: Grillin' And Chillin' (R)**  The Kitchen is grillin' and chillin' for summer. Marcela Valladolid kicks off a triple-threat meal with her Grilled Adobo Rubbed Chicken. | **PG**  +TKIT14-001+ |

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| 18:30 | **Chopped: Summer Heat (R)**  For this heated summer battle, the chefs must work with seasonal foods like lobsters and cocktails in the first round. | **PG**  +CHPD28-009+ |

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| 19:30 | **Christmas Special: Santa's Workshop (2016)**  Teams need to help out Santa with a very important gift... the one for Mrs. Claus. | **PG**  +CAKS01-005+ |

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| 20:30 | **Mystery Diners: From Russia Without Love (R)**  Before investing his life savings in a new Russian restaurant, an aspiring restaurateur asks Charles Stiles to investigate the Russian chef he plans to go into business with. | **PG (L,A)**  +MYSD11-002+ |

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| 21:00 | **Mystery Diners: Steals On Wheels (R)**  After receiving several customer complaints about her meal delivery service, Cynthia contacts Charles Stiles for help. He sends in Mystery Diners Patrick and Hal, who uncover a bigger problem. | **PG (L,A)**  +MYSD11-003+ |

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| 21:30 | **Hell's Kitchen USA NEW EPISODE**  Aspiring chefs arrive at Hell's Kitchen with the hope and excitement of becoming the next winner of Hell's Kitchen. | **MA (L)**  +HEKI11-004+ |

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| 23:30 | **Hell's Kitchen USA NEW EPISODE**  Aspiring chefs arrive at Hell's Kitchen with the hope and excitement of becoming the next winner of Hell's Kitchen. | **MA (L)**  +HEKI11-006+ |

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| 00:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G**  +SAWE19-025+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 8 (R) ’CC’**  We join Sammie on a caravan adventure south of the border. Chris discovers how the former HMAS Tobruk became a major tourist attraction while Luke and Cody visit heritage rail stations. | **G**  +7QWE19-008+ |

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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: 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)**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-009+ |

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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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| 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**  +HIWA22-009+ |

**Tuesday 17 December 2019**

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| 06:00 | **Better Homes And Gardens Summer: Summer Series (R) ’CC’**  Dr Harry takes a look inside the Greyhound Adoption Program. Adam transforms a window opening into bi-fold doors. Karen makes custard tarts. Ed travels to Humpty Doo Barramundi. | +BHGS16-003+ |

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| 07:30 | **The Kitchen: Grillin' And Chillin' (R)**  The Kitchen is grillin' and chillin' for summer. Marcela Valladolid kicks off a triple-threat meal with her Grilled Adobo Rubbed Chicken. | **PG**  +TKIT14-001+ |

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| 08:30 | **Pacific Island Food Revolution: Masterclass (R)**  Join us on our Pacific cooking competition presenting some of the most delicious food on the planet. | **PG**  +PIFR01-009+ |

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| 09:30 | **The Pioneer Woman: Fixin' Fence, Fixin' Lunch (R)**  Ladd and Cowboy Tim are out fixin' fences, so Ree Drummond is fixin' them their favourite Tex-Mex lunch. | **PG**  +PIWO13-010+ |

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| 10:00 | **Christmas Special: Santa's Workshop (2016)**  Teams need to help out Santa with a very important gift... the one for Mrs. Claus. | **PG**  +CAKS01-005+ |

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| 11:00 | **Mystery Diners: From Russia Without Love (R)**  Before investing his life savings in a new Russian restaurant, an aspiring restaurateur asks Charles Stiles to investigate the Russian chef he plans to go into business with. | **PG (L,A)**  +MYSD11-002+ |

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| 11:30 | **Mystery Diners: Steals On Wheels (R)**  After receiving several customer complaints about her meal delivery service, Cynthia contacts Charles Stiles for help. He sends in Mystery Diners Patrick and Hal, who uncover a bigger problem. | **PG (L,A)**  +MYSD11-003+ |

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| 13:00 | **Chopped: Summer Heat (R)**  For this heated summer battle, the chefs must work with seasonal foods like lobsters and cocktails in the first round. | **PG**  +CHPD28-009+ |

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

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| 17:00 | **The Grill Dads: Mornings Are Better With Treats (R)**  The Grill Dads are on the hunt for over-the-top, incredible breakfast creations. | **PG**  +GRIL01-003+ |

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| 17:30 | **The Kitchen: Burger Bliss (R)**  It's an all-burger bash on The Kitchen as the hosts share their secrets and recipes for building better burgers. | **PG**  +TKIT14-002+ |

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| 18:30 | **Chopped: Deadliest Basket (R)**  Chefs, beware: every round in this special competition will feature ingredients that are not just challenging, but actually dangerous! | **PG**  +CHPD28-010+ |

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| 19:30 | **Christmas Special: Ultimate Gingerbread House (2016)**  Teams will be challenged to create the ultimate gingerbread house, and when the gingerbread dust settles, only one team will jingle all the way home with $50,000. | **PG**  +CAKS01-006+ |

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| 20:30 | **Restaurant: Impossible: Outside The Box (R)**  When Chef Robert arrives at the Coach Lamp Restaurant & Pub in Louisville, Ky., he's baffled; the restaurant looks nice, the food tastes good. He must piece together why it's failing. | **PG**  +RIMP07-004+ |

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| 21:30 | **Restaurant: Impossible: Holiday: Impossible 2 (R)**  This is Chef Robert's biggest mission yet as he and his team are heading to the Jersey Shore to transform not one, but two, locations that were devastated by Hurricane Sandy. | **PG**  +RIMP07-005+ |

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

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| 23:00 | **Mystery Diners: Comic Book Caper (R)**  Vlane, the owner of Action Burger in Brooklyn, contacts Mystery Diners to investigate missing comic books at his comic book-themed restaurant. Charles Stiles sends in Jamie. | **PG (L,A)**  +MYSD11-006+ |

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| 02:30 | **The Pioneer Woman: Fixin' Fence, Fixin' Lunch (R)**  Ladd and Cowboy Tim are out fixin' fences, so Ree Drummond is fixin' them their favourite Tex-Mex lunch. | **PG**  +PIWO13-010+ |

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| 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**  +SAWE19-026+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 9 (R) ’CC’**  Duane is exploring our Golden Highway, Chris is juggling golf and circus tricks and Sammie saddles up to spot some friendly Koalas. | **G**  +7QWE19-009+ |

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

**Wednesday 18 December 2019**

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| 06:00 | **Mystery Diners: Secondhand Scam (R)**  Luca, owner of Riemma Kitchen Warehouse, asks Charles Stiles for help after his customers find food inside the factory-sealed appliances they just purchased. Mystery Diner Jamie goes undercover. | **PG (L,A)**  +MYSD11-004+ |

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| 07:00 | **The Grill Dads: Mornings Are Better With Treats (R)**  The Grill Dads are on the hunt for over-the-top, incredible breakfast creations. | **PG**  +GRIL01-003+ |

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| 08:30 | **Special: Ultimate Gingerbread House (2016)**  Teams will be challenged to create the ultimate gingerbread house, and when the gingerbread dust settles, only one team will jingle all the way home with $50,000. | **PG**  +CAKS01-006+ |

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| 09:30 | **The Pioneer Woman: Well Done, Dad (R)**  Ree Drummond's dad has retired after 45 years in medicine, so she's bringing him a celebration meal with all of his favourite foods. | **PG**  +PIWO13-011+ |

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| 10:00 | **Restaurant: Impossible: Outside The Box (R)**  When Chef Robert arrives at the Coach Lamp Restaurant & Pub in Louisville, Ky., he's baffled; the restaurant looks nice, the food tastes good. He must piece together why it's failing. | **PG**  +RIMP07-004+ |

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| 11:00 | **Restaurant: Impossible: Holiday: Impossible 2 (R)**  This is Chef Robert's biggest mission yet as he and his team are heading to the Jersey Shore to transform not one, but two, locations that were devastated by Hurricane Sandy. | **PG**  +RIMP07-005+ |

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| 12:00 | **The Kitchen: Burger Bliss (R)**  It's an all-burger bash on The Kitchen as the hosts share their secrets and recipes for building better burgers. | **PG**  +TKIT14-002+ |

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| 13:00 | **Chopped: Deadliest Basket (R)**  Chefs, beware: every round in this special competition will feature ingredients that are not just challenging, but actually dangerous! | **PG**  +CHPD28-010+ |

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| 14:00 | **The Grill Dads: Mornings Are Better With Treats (R)**  The Grill Dads are on the hunt for over-the-top, incredible breakfast creations. | **PG**  +GRIL01-003+ |

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| 14:30 | **Christmas Special: Ultimate Gingerbread House (2016)**  Teams will be challenged to create the ultimate gingerbread house, and when the gingerbread dust settles, only one team will jingle all the way home with $50,000. | **PG**  +CAKS01-006+ |

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| 15:30 | **Mystery Diners: Secondhand Scam (R)**  Luca, owner of Riemma Kitchen Warehouse, asks Charles Stiles for help after his customers find food inside the factory-sealed appliances they just purchased. Mystery Diner Jamie goes undercover. | **PG (L,A)**  +MYSD11-004+ |

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| 16:00 | **Mystery Diners: Comic Book Caper (R)**  Vlane, the owner of Action Burger in Brooklyn, contacts Mystery Diners to investigate missing comic books at his comic book-themed restaurant. Charles Stiles sends in Jamie. | **PG (L,A)**  +MYSD11-006+ |

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| 16:30 | **The Pioneer Woman: Well Done, Dad (R)**  Ree Drummond's dad has retired after 45 years in medicine, so she's bringing him a celebration meal with all of his favourite foods. | **PG**  +PIWO13-011+ |

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| 17:00 | **Giada At Home: Happy Holidays (R)**  Giada De Laurentiis and her family celebrate Christmas California-style with a beautiful holiday dinner on the beach. | **PG**  +GIHO05-003+ |

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| 17:30 | **The Kitchen: Down Home Cooking (R)**  The Kitchen is embracing down home country cooking, starting with Katie Lee's Low Country Seafood Boil and Geoffrey Zakarian's Summer Succotash. | **PG**  +TKIT14-003+ |

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| 18:30 | **Chopped: Chopping Block Blues (R)**  There's eggs in the baskets - Scotch eggs, that is! Will the competitors know what to do with this sausage-enrobed pub food in the appetizer round? | **PG**  +CHPD28-011+ |

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| 19:30 | **Restaurant: Impossible: Soul Searching (R)**  Chef Robert travels to Hagerstown, Md., on a mission to save the Georgia Boy Cafe. The stress of the restaurant is ruining the once loving relationship between owners Chuck and Montez. | **PG**  +RIMP07-006+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: La Gondola (R)**  Gordon visits La Gondola, an Italian restaurant bogged down by dated cuisine, bad net curtains and no customers. | **M (L)**  +RAKN02-008+ |

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| 21:30 | **Mystery Diners: Unhappy Holidays (R)**  Nirav, owner of Smokin' Barrel in Hoboken, N.J., contacts Charles Stiles to investigate after noticing a decline in sales every holiday season. Mystery Diners Dennis and Jamie go undercover. | **PG (L,A)**  +MYSD11-005+ |

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| 22:00 | **Mystery Diners: Vicious Valets (R)**  After hearing complaints about her valet service, Kitty of Breuckelen Colony in Brooklyn contacts Charles Stiles for help. Mystery Diners Daniel and Jamie go undercover. | **PG (L,A)**  +MYSD11-007+ |

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| 22:30 | **Restaurant: Impossible: Soul Searching (R)**  Chef Robert travels to Hagerstown, Md., on a mission to save the Georgia Boy Cafe. The stress of the restaurant is ruining the once loving relationship between owners Chuck and Montez. | **PG**  +RIMP07-006+ |

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| 23:30 | **Mystery Diners: Unhappy Holidays (R)**  Nirav, owner of Smokin' Barrel in Hoboken, N.J., contacts Charles Stiles to investigate after noticing a decline in sales every holiday season. Mystery Diners Dennis and Jamie go undercover. | **PG (L,A)**  +MYSD11-005+ |

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| 00:00 | **Mystery Diners: Vicious Valets (R)**  After hearing complaints about her valet service, Kitty of Breuckelen Colony in Brooklyn contacts Charles Stiles for help. Mystery Diners Daniel and Jamie go undercover. | **PG (L,A)**  +MYSD11-007+ |

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| 00:30 | **The Pioneer Woman: Well Done, Dad (R)**  Ree Drummond's dad has retired after 45 years in medicine, so she's bringing him a celebration meal with all of his favourite foods. | **PG**  +PIWO13-011+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 10 (R) ’CC’**  Kip has some school holiday fun lined up, Duane is on a mouth-watering food safari while Chris is finding his inner Zen. | **G**  +7QWE19-010+ |

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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 | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 10 (R) ’CC’**  Kip has some school holiday fun lined up, Duane is on a mouth-watering food safari while Chris is finding his inner Zen. | **G**  +7QWE19-010+ |

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

**Thursday 19 December 2019**

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| 06:00 | **Pacific Island Food Revolution: Masterclass (R)**  Join us on our Pacific cooking competition presenting some of the most delicious food on the planet. | **PG**  +PIFR01-009+ |

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| 07:00 | **Giada At Home: Happy Holidays (R)**  Giada De Laurentiis and her family celebrate Christmas California-style with a beautiful holiday dinner on the beach. | **PG**  +GIHO05-003+ |

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| 07:30 | **The Kitchen: Down Home Cooking (R)**  The Kitchen is embracing down home country cooking, starting with Katie Lee's Low Country Seafood Boil and Geoffrey Zakarian's Summer Succotash. | **PG**  +TKIT14-003+ |

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| 08:30 | **Guy's Grocery Games: Last Judge Standing Tournament, Pt. 2 (R)**  Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG**  +GUGG15-006+ |

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| 09:30 | **The Pioneer Woman: 16-Minute Meals: Summer (R)**  Ree Drummond is cooking up four sensational, summery 16-minute meals. | **PG**  +PIWO13-012+ |

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| 10:00 | **Pacific Island Food Revolution: Masterclass (R)**  Join us on our Pacific cooking competition presenting some of the most delicious food on the planet. | **PG**  +PIFR01-009+ |

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| 11:00 | **Pacific Island Food Revolution: Climate Change (R)**  Join us on our Pacific cooking competition presenting some of the most delicious food on the planet. | **PG**  +PIFR01-010+ |

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| 12:00 | **The Kitchen: Down Home Cooking (R)**  The Kitchen is embracing down home country cooking, starting with Katie Lee's Low Country Seafood Boil and Geoffrey Zakarian's Summer Succotash. | **PG**  +TKIT14-003+ |

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| 13:00 | **Chopped: Chopping Block Blues (R)**  There's eggs in the baskets - Scotch eggs, that is! Will the competitors know what to do with this sausage-enrobed pub food in the appetizer round? | **PG**  +CHPD28-011+ |

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| 14:00 | **Giada At Home: Happy Holidays (R)**  Giada De Laurentiis and her family celebrate Christmas California-style with a beautiful holiday dinner on the beach. | **PG**  +GIHO05-003+ |

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| 14:30 | **Restaurant: Impossible: Soul Searching (R)**  Chef Robert travels to Hagerstown, Md., on a mission to save the Georgia Boy Cafe. The stress of the restaurant is ruining the once loving relationship between owners Chuck and Montez. | **PG**  +RIMP07-006+ |

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| 15:30 | **Mystery Diners: Unhappy Holidays (R)**  Nirav, owner of Smokin' Barrel in Hoboken, N.J., contacts Charles Stiles to investigate after noticing a decline in sales every holiday season. Mystery Diners Dennis and Jamie go undercover. | **PG (L,A)**  +MYSD11-005+ |

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| 16:00 | **Mystery Diners: Vicious Valets (R)**  After hearing complaints about her valet service, Kitty of Breuckelen Colony in Brooklyn contacts Charles Stiles for help. Mystery Diners Daniel and Jamie go undercover. | **PG (L,A)**  +MYSD11-007+ |

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

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| 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: Perfect Plate Of Summer (R)**  Summer foods are in the spotlight as The Kitchen creates a perfect plate of summer favorites. Sunny Anderson makes her London Broil with Tomato and Fennel. | **PG**  +TKIT14-004+ |

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| 18:30 | **Chopped: Hungry For Love (R)**  There's romance in the air in the Chopped Kitchen as eight cooking singles are paired up on blind dates! | **PG**  +CHPD28-012+ |

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| 19:30 | **Ramsay's Kitchen Nightmares: Walnut Tree (R) ’CC’**  Gordon goes to The Walnut Tree Inn. It's in big trouble - there's no head chef, the customers have dwindled, and the owner has had to sell the family home to keep the business afloat. | **M (L)**  +RAKN01-003+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: The Walnut Tree - Revisited (R) ’CC’**  Gordon revisits the Walnut Tree, to see if owner Francesco has followed his advice by finding a new head chef and resisting the urge to meddle in the kitchen. | **M (L)**  +RAKN01-006+ |

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| 21:30 | **Ramsay's Kitchen Nightmares: Bonapartes Restaurant (R) ’CC’**  Gordon visits Bonaparte's Restaurant in West Yorkshire. While the head chef aspires to be on TV, Gordon discovers that he cannot cook an omelette, and winds up setting the cooker on fire. | **MA (L)**  +RAKN01-001+ |

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| 22:30 | **Ramsay's Kitchen Nightmares: Bonapartes - Revisited (R) ’CC’**  Gordon returns to Bonapartes, and discovers whether ambitious chef Tim has managed to maintain the same level of customers after his recommendations for improvement. | **MA (L)**  +RAKN01-008+ |

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| 23:30 | **Chopped: Hungry For Love (R)**  There's romance in the air in the Chopped Kitchen as eight cooking singles are paired up on blind dates! | **PG**  +CHPD28-012+ |

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| 00:30 | **The Pioneer Woman: 16-Minute Meals: Summer (R)**  Ree Drummond is cooking up four sensational, summery 16-minute meals. | **PG**  +PIWO13-012+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 11 (R) ’CC’**  Duane is jungle surfing in the tropics, Bridget is in an untouched paradise with the best infinity pool in Queensland while Victoria is wetting a line on Stradbroke Island. | **G**  +7QWE19-011+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2019 Ep: 29 (R) ’CC’**  Creek to Coast is all things boating, camping, 4WDing, outdoor adventuring and fishing. From bush-bashing to cooking to caravanning to watersports, Creek to Coast has it all. | **G**  +7CTC19-029+ |

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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)**  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 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: SA Weekender 2019 Ep: 28 (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G**  +SAWE19-028+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 11 (R) ’CC’**  Duane is jungle surfing in the tropics, Bridget is in an untouched paradise with the best infinity pool in Queensland while Victoria is wetting a line on Stradbroke Island. | **G**  +7QWE19-011+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2019 Ep: 29 (R) ’CC’**  Creek to Coast is all things boating, camping, 4WDing, outdoor adventuring and fishing. From bush-bashing to cooking to caravanning to watersports, Creek to Coast has it all. | **G**  +7CTC19-029+ |

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

**Friday 20 December 2019**

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| 06:00 | **Pacific Island Food Revolution: Climate Change (R)**  Join us on our Pacific cooking competition presenting some of the most delicious food on the planet. | **PG**  +PIFR01-010+ |

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| 07:00 | **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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| 07:30 | **The Kitchen: Perfect Plate Of Summer (R)**  Summer foods are in the spotlight as The Kitchen creates a perfect plate of summer favorites. Sunny Anderson makes her London Broil with Tomato and Fennel. | **PG**  +TKIT14-004+ |

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| 08:30 | **Guy's Grocery Games: Last Judge Standing Tournament, Pt. 3 (R)**  Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG**  +GUGG15-007+ |

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| 09:30 | **The Pioneer Woman: Christmas Goodies (R)**  It's just a few days before Christmas, and Ree Drummond is making a slew of Christmas goodies as gifts. | **PG**  +PIWO12-003+ |

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| 10:00 | **Iron Chef America: Symon Vs. Crenn (R)**  "Next Iron Chef" alum Dominique Crenn battles Iron Chef Michael Symon. | **PG**  +ICAM08-008+ |

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| 11:00 | **Iron Chef America: Flay Vs Stone (R)**  Chef Curtis Stone takes on Iron Chef Bobby Flay in a skipjack tuna showdown. | **PG**  +ICAM08-009+ |

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| 12:00 | **The Kitchen: Perfect Plate Of Summer (R)**  Summer foods are in the spotlight as The Kitchen creates a perfect plate of summer favorites. Sunny Anderson makes her London Broil with Tomato and Fennel. | **PG**  +TKIT14-004+ |

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| 13:00 | **Chopped: Hungry For Love (R)**  There's romance in the air in the Chopped Kitchen as eight cooking singles are paired up on blind dates! | **PG**  +CHPD28-012+ |

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

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| 14:30 | **Pacific Island Food Revolution: Climate Change (R)**  Join us on our Pacific cooking competition presenting some of the most delicious food on the planet. | **PG**  +PIFR01-010+ |

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| 15:30 | **Iron Chef America: Symon Vs. Crenn (R)**  "Next Iron Chef" alum Dominique Crenn battles Iron Chef Michael Symon. | **PG**  +ICAM08-008+ |

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| 16:30 | **The Pioneer Woman: Christmas Goodies (R)**  It's just a few days before Christmas, and Ree Drummond is making a slew of Christmas goodies as gifts. | **PG**  +PIWO12-003+ |

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| 17:00 | **Giada At Home: An Italian Christmas (R)**  Giada De Laurentiis hosts Christmas Eve dinner to celebrate The Feast of the Seven Fishes with her Italian family. | **PG**  +GIHO07-010+ |

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| 17:30 | **The Kitchen: Full House For The Holidays (R)**  Tis the season to have a full house for the holidays and Jeff Mauro is ready with his crowd-pleasing Santa's Sausage and Snow Strata brunch. | **PG**  +TKIT15-007+ |

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| 18:30 | **Chopped: Leap Of Faith (R)**  A priest, a nun-in-training, a rabbi, and a pastor compete in the Chopped Kitchen! | **PG**  +CHPD28-013+ |

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| 19:30 | **Holiday Baking Championship: Re-Gifting (R)**  Eight bakers enter the kitchen to show off their traditions and baking skills on Holiday Baking Championship. | **PG**  +HOBC02-007+ |

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| 20:30 | **Holiday Baking Championship: Holidays Hoopla (R)**  Eight bakers enter the kitchen to show off their traditions and baking skills on Holiday Baking Championship. | **PG**  +HOBC02-008+ |

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| 21:30 | **Mystery Diners: Venue Vandals (R)**  Concerned about vandalism at his new restaurant location, which is currently under construction, Manny of the Spanish Potato Grill in Brick, N.J. reaches out to Mystery Diners for help. | **PG (L,A)**  +MYSD11-008+ |

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| 22:00 | **Mystery Diners: Lobster Looting (R)**  Brother-sister owners Richard and Marilyn of Langosta Lounge in Asbury Park, N.J. contact Charles Stiles after noticing a discrepancy in their lobster supply. | **PG (L,A)**  +MYSD11-009+ |

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| 22:30 | **Restaurant: Impossible: Unlucky Number Seven (R)**  Chef Robert visits a restaurant named Seven. He soon discovers that the food is bad, the management is worse, and the stained-glass decor would better fit a church than a restaurant. | **PG**  +RIMP07-007+ |

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| 23:30 | **Mystery Diners: Venue Vandals (R)**  Concerned about vandalism at his new restaurant location, which is currently under construction, Manny of the Spanish Potato Grill in Brick, N.J. reaches out to Mystery Diners for help. | **PG (L,A)**  +MYSD11-008+ |

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| 00:00 | **Mystery Diners: Lobster Looting (R)**  Brother-sister owners Richard and Marilyn of Langosta Lounge in Asbury Park, N.J. contact Charles Stiles after noticing a discrepancy in their lobster supply. | **PG (L,A)**  +MYSD11-009+ |

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| 00:30 | **Guy's Big Bite: Home For The Holidays (R)**  The holidays are back and no one does it bigger than the Fieri family! This year, Guy's got Rev Run in the kitchen, and they're making showstopping Beef Tenderloin Filets with Habanero Butter. | **PG**  +GUBB19-012+ |

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| 01:00 | **The Pioneer Woman: Christmas Goodies (R)**  It's just a few days before Christmas, and Ree Drummond is making a slew of Christmas goodies as gifts. | **PG**  +PIWO12-003+ |

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| 01:30 | **Iron Chef America: Symon Vs. Crenn (R)**  "Next Iron Chef" alum Dominique Crenn battles Iron Chef Michael Symon. | **PG**  +ICAM08-008+ |

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| 02:30 | **Iron Chef America: Flay Vs Stone (R)**  Chef Curtis Stone takes on Iron Chef Bobby Flay in a skipjack tuna showdown. | **PG**  +ICAM08-009+ |

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| 03:30 | **SA Weekender: SA Weekender 2019 Ep: 29 (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G**  +SAWE19-029+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 12 (R) ’CC’**  Duane is rafting the Barron River rapids, Victoria has a hands on wildlife experience while Lee is floating high above the clouds. | **G**  +7QWE19-012+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2019 Ep: 30 (R) ’CC’**  Creek to Coast is all things boating, camping, 4WDing, outdoor adventuring and fishing. From bush-bashing to cooking to caravanning to watersports, Creek to Coast has it all. | **G**  +7CTC19-030+ |

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

**Saturday 21 December 2019**

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| 06:00 | **Giada At Home: An Italian Christmas (R)**  Giada De Laurentiis hosts Christmas Eve dinner to celebrate The Feast of the Seven Fishes with her Italian family. | **PG**  +GIHO07-010+ |

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| 06:30 | **Better Homes And Gardens Summer: Summer Series (R) ’CC’**  Dr Harry takes a look inside the Greyhound Adoption Program. Adam transforms a window opening into bi-fold doors. Karen makes custard tarts. Ed travels to Humpty Doo Barramundi. | **G**  +BHGS16-003+ |

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| 08:00 | **The Great Food Truck Race: Battle For The South: Fresh Off The Farm (R)**  The remaining three food truck teams arrive at a peach farm in Athens, GA, where they meet Tyler Florence and Athens chef Mimi Maumus. | **PG**  +GFTR08-005+ |

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| 09:00 | **The Pioneer Woman: Christmas Goodies (R)**  It's just a few days before Christmas, and Ree Drummond is making a slew of Christmas goodies as gifts. | **PG**  +PIWO12-003+ |

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| 09:30 | **Giada At Home: An Italian Christmas (R)**  Giada De Laurentiis hosts Christmas Eve dinner to celebrate The Feast of the Seven Fishes with her Italian family. | **PG**  +GIHO07-010+ |

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| 10:00 | **Holiday Baking Championship: Re-Gifting (R)**  Eight bakers enter the kitchen to show off their traditions and baking skills on Holiday Baking Championship. | **PG**  +HOBC02-007+ |

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| 11:00 | **Holiday Baking Championship: Holidays Hoopla (R)**  Eight bakers enter the kitchen to show off their traditions and baking skills on Holiday Baking Championship. | **PG**  +HOBC02-008+ |

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| 12:00 | **Restaurant: Impossible: Unlucky Number Seven (R)**  Chef Robert visits a restaurant named Seven. He soon discovers that the food is bad, the management is worse, and the stained-glass decor would better fit a church than a restaurant. | **PG**  +RIMP07-007+ |

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| 13:00 | **Mystery Diners: Venue Vandals (R)**  Concerned about vandalism at his new restaurant location, which is currently under construction, Manny of the Spanish Potato Grill in Brick, N.J. reaches out to Mystery Diners for help. | **PG (L,A)**  +MYSD11-008+ |

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| 13:30 | **Mystery Diners: Lobster Looting (R)**  Brother-sister owners Richard and Marilyn of Langosta Lounge in Asbury Park, N.J. contact Charles Stiles after noticing a discrepancy in their lobster supply. | **PG (L,A)**  +MYSD11-009+ |

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| 14:00 | **The Great Food Truck Race: Battle For The South: Fresh Off The Farm (R)**  The remaining three food truck teams arrive at a peach farm in Athens, GA, where they meet Tyler Florence and Athens chef Mimi Maumus. | **PG**  +GFTR08-005+ |

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| 15:00 | **Restaurant: Impossible: Unlucky Number Seven (R)**  Chef Robert visits a restaurant named Seven. He soon discovers that the food is bad, the management is worse, and the stained-glass decor would better fit a church than a restaurant. | **PG**  +RIMP07-007+ |

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| 16:00 | **Rachael Ray's Week In A Day: Italian Comfort (R)**  Five soul-soothing Italian comfort food dishes that'll help you beat the holiday stress. | **PG**  +WIAD05-002+ |

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| 17:00 | **Holiday Baking Championship: Re-Gifting (R)**  Eight bakers enter the kitchen to show off their traditions and baking skills on Holiday Baking Championship. | **PG**  +HOBC02-007+ |

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| 18:00 | **Holiday Baking Championship: Holidays Hoopla (R)**  Eight bakers enter the kitchen to show off their traditions and baking skills on Holiday Baking Championship. | **PG**  +HOBC02-008+ |

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| 19:00 | **Christmas Special: All-Star Gingerbread Build (2015)**  In this special one-hour competition hosted by Egypt Sherrod, HGTV and Food Network's biggest stars join forces to create life-sized, edible gingerbread houses that will amaze and inspire. | **PG**  +FONS01-003+ |

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| 20:00 | **Cupcake Wars: Hollywood Christmas Parade (R)**  Tis the season for cupcakes as four talented cupcake bakers battle for a place among the stars at the Hollywood Christmas Parade. | **PG**  +CUPW04-002+ |

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| 21:00 | **Christmas Special: Santa's Workshop (2016)**  Teams need to help out Santa with a very important gift... the one for Mrs. Claus. | **PG**  +CAKS01-005+ |

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| 22:00 | **Christmas Special: Ultimate Gingerbread House (2016)**  Teams will be challenged to create the ultimate gingerbread house, and when the gingerbread dust settles, only one team will jingle all the way home with $50,000. | **PG**  +CAKS01-006+ |

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| 23:00 | **Diners, Drive-Ins And Dives: Breakfast, Brisket And Belly (R)**  Guy Fieri is traveling the country on this trip, diggin' into all kinds of dishes. In Los Angeles, a late-night spot all about breakfast with a twist, like drunken French toast. | **PG**  +DDID27-010+ |

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| 23:30 | **Guy's Grocery Games: DDD Holiday Showdown (R)**  Guy Fieri has invited four members of his Triple D family to Flavortown for a Holiday Throwdown. | **PG**  +GUGG16-005+ |

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| 00:30 | **Rachael Ray's Week In A Day: Italian Comfort (R)**  Five soul-soothing Italian comfort food dishes that'll help you beat the holiday stress. | **PG**  +WIAD05-002+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2019 Ep: 31 (R) ’CC’**  Creek to Coast is all things boating, camping, 4WDing, outdoor adventuring and fishing. From bush-bashing to cooking to caravanning to watersports, Creek to Coast has it all. | **G**  +7CTC19-031+ |

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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)**  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 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: SA Weekender 2019 Ep: 30 (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G**  +SAWE19-030+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 13 (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**  +7QWE19-013+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2019 Ep: 31 (R) ’CC’**  Creek to Coast is all things boating, camping, 4WDing, outdoor adventuring and fishing. From bush-bashing to cooking to caravanning to watersports, Creek to Coast has it all. | **G**  +7CTC19-031+ |

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