**Sunday 20 October 2019**

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| 06:00 | **Carnival Kings: What Came First, The Burger ... Or The Egg? (R)** Chef Richie is rolling the dice at the Great American Foodie Fest in Las Vegas, Nevada. | **PG** +CKIN01-005+ |

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| 06:30 | **Diners, Drive-Ins And Dives: Barbecue, Batter And Beer Can Chicken (R)** Guy Fieri's grabbing all kinds of outrageous grub. In Maui, Hawaii, a funky joint puttin' out ridiculous ramen and the bomb beer can chicken. | **PG** +DDID27-003+ |

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| 07:00 | **Guy's Grocery Games: One Shop Showdown (R)** Four thrifty chefs are given only one five-minute shop and $60 to buy all the groceries to last them the entire competition. | **PG** +GUGG15-003+ |

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| 08:00 | **Guy's Big Bite: Wham Bam Thank You Lamb (R)** At the Fieri house, it's Thanksgiving tradition to be untraditional! Guy gives thanks with his Balsamic Braised Leg of Lamb cooked in a pressure cooker for maximum tenderness. | **PG** +GUBB19-002+ |

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| 08:30 | **Iron Chef America: Garces vs. Cowan (R)** Iron Chef Jose Garces faces off against Challenger Madison Cowan. | **PG** +ICAM10-003+ |

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| 09:30 | **Iron Chef America: Flay vs. Hastings (R)** Iron Chef Bobby Flay faces off against Challenger Chris Hastings. | **PG** +ICAM10-004+ |

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| 10:30 | **Diners, Drive-Ins And Dives: Barbecue, Batter And Beer Can Chicken (R)** Guy Fieri's grabbing all kinds of outrageous grub. In Maui, Hawaii, a funky joint puttin' out ridiculous ramen and the bomb beer can chicken. | **PG** +DDID27-003+ |

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| 12:30 | **Carnival Kings: What Came First, The Burger ... Or The Egg? (R)** Chef Richie is rolling the dice at the Great American Foodie Fest in Las Vegas, Nevada. | **PG** +CKIN01-005+ |

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| 14:00 | **Iron Chef America: Flay vs. Hastings (R)** Iron Chef Bobby Flay faces off against Challenger Chris Hastings. | **PG** +ICAM10-004+ |

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| 15:00 | **Diners, Drive-Ins And Dives: Barbecue, Batter And Beer Can Chicken (R)** Guy Fieri's grabbing all kinds of outrageous grub. In Maui, Hawaii, a funky joint puttin' out ridiculous ramen and the bomb beer can chicken. | **PG** +DDID27-003+ |

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| 16:00 | **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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| 17:00 | **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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| 18:00 | **Kid's Baking Championships NEW EPISODE**The four remaining kid bakers face a dinner in reverse challenge, which requires them to make a dessert item that looks like a savory dish; and a cupcake that's not sweet at all. | **G** +KBAC02-007+ |

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| 19:00 | **Ridiculous Cakes: All Fired Up (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** +RICA01-009+ |

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| 19:30 | **Crazy Cakes: Doughnut Dumbbells And A Wine Fountain Cake NEW EPISODE**A fountain of wine pours from an edible bottle for a vineyard party, and brothers celebrate their engagements with a towering, colorful elephant cake. | **PG** +CRAZ01-008+ |

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| 20:00 | **Reality Cupcakes: Cupcakes On Parade! NEW EPISODE**It's summertime in NYC and Ashley Foxen is serving up some radical steampunk cupcakes at the famous Coney Island Mermaid Parade. | **PG** +RCUP01-008+ |

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| 20:30 | **Anh Does Vietnam (R) ’CC’** Anh rents a motorcycle to explore central Vietnam and the Vietnamese fascination with Luck. After cooking up snails and meeting the mausoleum of Ho Chi Minh, Anh ends his journey helping at a local school. | **PG** +ANDV-002+ |

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| 21:30 | **Cupcake Wars: Vegan Bake-Off NEW EPISODE**In the first ever Cupcake Wars all-vegan showdown, four vegan bakers fight to have their cupcakes at the opening day celebration for the inaugural Los Angeles Green Festival. | **PG** +CUPW04-013+ |

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| 22:30 | **Cake Wars: How To Train Your Dragon (R)** It's time for a fire-breathing adventure as four talented breakers unleash their inner dragon. The winning cake creation will be the center of a party celebrating How to Train Your Dragon. | **PG** +CAKW03-004+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-038+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 35 ’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** +7QWE19-035+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2019 Ep: 8 (R) ’CC’** Scotty enjoys the thrills of sight fishing for Saratoga. Olivia tries wakeboarding. We find out what is in Roothy's shed while Roger has tips on how to get yourself out, when bogged on the beach. | **PG** +7CTC19-008+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 8 (R) ’CC’** Alastair explores Brisbane's newest restaurants, if you love film and TV Courtney has your April events calendar sorted while Laurel visits a little village famous for its highly rated golf course. | **G** +GDOT19-008+ |

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| 02:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-001+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike discovers how old meets new in Armidale. Rose visits Pocket City Farms in Camperdown. Karen checks out the Sydney Dance Company's Open Class Program.  | **G** +7SWE26-018+ |

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| 05:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-001+ |

 **Monday 21 October 2019**

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| 06:00 | **Kid's Baking Championships (R)** The four remaining kid bakers face a dinner in reverse challenge, which requires them to make a dessert item that looks like a savory dish; and a cupcake that's not sweet at all. | **G** +KBAC02-007+ |

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| 07:00 | **Ridiculous Cakes: All Fired Up (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** +RICA01-009+ |

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| 07:30 | **Crazy Cakes: Doughnut Dumbbells And A Wine Fountain Cake (R)** A fountain of wine pours from an edible bottle for a vineyard party, and brothers celebrate their engagements with a towering, colorful elephant cake. | **PG** +CRAZ01-008+ |

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| 08:00 | **Reality Cupcakes: Cupcakes On Parade! (R)** It's summertime in NYC and Ashley Foxen is serving up some radical steampunk cupcakes at the famous Coney Island Mermaid Parade. | **PG** +RCUP01-008+ |

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| 08:30 | **Cupcake Wars: Vegan Bake-Off (R)** In the first ever Cupcake Wars all-vegan showdown, four vegan bakers fight to have their cupcakes at the opening day celebration for the inaugural Los Angeles Green Festival. | **PG** +CUPW04-013+ |

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| 09:30 | **Cake Wars: How To Train Your Dragon (R)** It's time for a fire-breathing adventure as four talented breakers unleash their inner dragon. The winning cake creation will be the center of a party celebrating How to Train Your Dragon. | **PG** +CAKW03-004+ |

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| 10:30 | **Better Homes And Gardens (R) ’CC’** Joh and Graham transform an unusually shaped area into a veggie garden. Adam builds a chair out of pipes.Karen makes Romanesco Salsa with Haloumi. | **G** +BHAG25-038+ |

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| 12:00 | **Anh Does Vietnam (R) ’CC’** Anh rents a motorcycle to explore central Vietnam and the Vietnamese fascination with Luck. After cooking up snails and meeting the mausoleum of Ho Chi Minh, Anh ends his journey helping at a local school. | **PG** +ANDV-002+ |

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| 14:00 | **Ridiculous Cakes: All Fired Up (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** +RICA01-009+ |

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| 14:30 | **Crazy Cakes: Doughnut Dumbbells And A Wine Fountain Cake (R)** A fountain of wine pours from an edible bottle for a vineyard party, and brothers celebrate their engagements with a towering, colorful elephant cake. | **PG** +CRAZ01-008+ |

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| 15:00 | **Reality Cupcakes: Cupcakes On Parade! (R)** It's summertime in NYC and Ashley Foxen is serving up some radical steampunk cupcakes at the famous Coney Island Mermaid Parade. | **PG** +RCUP01-008+ |

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| 15:30 | **The Pioneer Woman: Burning 101 (R)** It's springtime, which means Ladd's out burning the pastures and Ree Drummond has some hungry mouths to feed. | **PG** +PIWO13-008+ |

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| 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** +HOWL03-035+ |

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| 17:00 | **Giada At Home: Raffy's In The House (R)** Aunt Raffy joins Giada De Laurentiis in the kitchen for a day of fun and laughter while her sister, Eloisa, joins them to try out their family dishes. | **PG** +GIHO08-013+ |

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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: Tailgate Greats (R)** Four devoted football fans compete in a tailgate-theme showdown.  | **PG** +CHPD31-002+ |

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| 19:30 | **Gordon, Gino And Fred: The Ultimate Roadtrip (R) ’CC’** Gordon, Gino and Fred travel to France, where Fred has been asked to co-host an Oyster Festival in the beautiful Arcachon Bay, in just four days’ time. | **M (N,L)**+GGAF01-002+ |

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| 20:30 | **Hell's Kitchen USA ’CC’ NEW EPISODE**World renowned chef Gordon Ramsay puts aspiring young chefs through rigorous cooking challenges and dinner services at his restaurant in Hollywood. | **MA (L)**+HEKI12-001+ |

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| 23:30 | **Chopped: Tailgate Greats (R)** Four devoted football fans compete in a tailgate-theme showdown.  | **PG** +CHPD31-002+ |

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| 00:30 | **SA Weekender: SA Weekender 2019 Ep: 1 (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-001+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 34 (R) ’CC’** Bridget is on an off-road adventure on Bribie Island, we meet Ranger Annie from Kingfisher Bay Resort who recently had some royal guests while Chris is on Bedarra Island the ultimate in luxury. | **G** +7QWE18-034+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2019 Ep: 9 (R) ’CC’** Roger joins a caravan rally with a community focus. 7NEWS Meteorologist, Tony Auden shares tips on how to stay safe in the water while Scotty is bringing some red hot barra action. | **G** +7CTC19-009+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 9 (R) ’CC’** Alastair is in Ipswich in search of the region's best produce, Billy experiences the ultimate blokes day out while Jess spends the weekend in Queensland's most southern coastal suburb. | **G** +GDOT19-009+ |

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| 02:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-002+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike heads to Murrumbateman, in the heart of Canberra's wine region. Lizzy visits the Wannabes, a family play centre. Sally and Mike check out Cockington Green, famous for its miniature landmarks. | **G** +7SWE26-019+ |

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| 03:30 | **SA Weekender: SA Weekender 2019 Ep: 1 (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-001+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 9 (R) ’CC’** Alastair is in Ipswich in search of the region's best produce, Billy experiences the ultimate blokes day out while Jess spends the weekend in Queensland's most southern coastal suburb. | **G** +GDOT19-009+ |

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| 05:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-002+ |

 **Tuesday 22 October 2019**

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| 06:00 | **Queensland Weekender: Queensland Weekender 34 (R) ’CC’** Bridget is on an off-road adventure on Bribie Island, we meet Ranger Annie from Kingfisher Bay Resort who recently had some royal guests while Chris is on Bedarra Island the ultimate in luxury. | **G** +7QWE18-034+ |

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| 06:30 | **Easy Chinese: The American Dish With A Chinese Twist (R)** Ching-He Huang takes on the USA's most beloved dishes as she finds the best burger and spaghetti and meatballs in New York before spinning a Chinese version of them. | **PG** +EACH02-001+ |

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

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| 07:30 | **The Kitchen: 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 | **Rachael Ray's Week In A Day: Soups, Stews And Sloppy Lous (R)** Celebrate one of the world's great comfort foods with a week's worth of satisfying soups and stews. Potted Beef and Mushroom; Ribollita - Vegetable, Bean and Stale Bread Soup | **PG** +WIAD05-009+ |

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| 09:30 | **Giada At Home: Raffy's In The House (R)** Aunt Raffy joins Giada De Laurentiis in the kitchen for a day of fun and laughter while her sister, Eloisa, joins them to try out their family dishes. | **PG** +GIHO08-013+ |

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| 12:00 | **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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| 13:00 | **Chopped: Tailgate Greats (R)** Four devoted football fans compete in a tailgate-theme showdown.  | **PG** +CHPD31-002+ |

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| 14:00 | **Giada At Home: Raffy's In The House (R)** Aunt Raffy joins Giada De Laurentiis in the kitchen for a day of fun and laughter while her sister, Eloisa, joins them to try out their family dishes. | **PG** +GIHO08-013+ |

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| 15:30 | **Better Homes And Gardens (R) ’CC’** Joh goes behind the scenes at Cirque Du Solei.Adam and Tara attempt a triple makeover of the kitchen, dining room and laundry. Karen makes semolina and sesame bread with roasted garlic butter. | **G** +BHAG25-036+ |

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

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| 17:00 | **Giada At Home: Career Day (R)** Giada De Laurentiis visits her daughter, Jade's, school for a career day presentation. Giada creates a kid-friendly menu for the students to enjoy including Kids Sushi. | **PG** +GIHO06-001+ |

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| 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: Chopped: Beat Bobby Flay, Pt. 1 (R)** Bobby Flay joins the judges' panel, as returning champions compete to win the chance to beat chef Bobby. | **PG** +CHPD31-003+ |

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| 19:30 | **Mystery Diners: Mystery Wedding (R)** Kristy and Sarah, owners of Movie sets in New Orleans, are concerned about theft at their prop house-turned-event center. | **PG** +MYSD09-008+ |

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| 20:00 | **Mystery Diners: Too Many Tourists (R)** The owner of Marigny Brasserie in New OrIeans isn't happy about the influx of rowdy tourists at his locals bar, and so he contacts Charles and his team to investigate the situation. | **PG** +MYSD09-009+ |

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| 20:30 | **Restaurant: Impossible: Rohrer's Tavern (R)** Chef Robert Irvine heads to North Bend, Ohio, to help revive Rohrer's Tavern, a local staple for more than 60 years. Current owner Lisa has faithfully stuck to the legacy of Rohrer's to a fault. | **PG** +RIMP05-002+ |

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| 21:30 | **Restaurant: Impossible: Bronk's Bar And Grill (R)** Chef Robert Irvine's next mission brings him to the small town of Lake City, Minn., where Erik and Tracy are only a month away from losing their 11-year-old restaurant, Bronk's Bar and Grill.  | **PG** +RIMP05-003+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-002+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 35 (R) ’CC’** Today on Queensland Weekender it is Tourism Award season and we celebrate the state's best of the best. | **G** +7QWE18-035+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2019 Ep: 10 (R) ’CC’** We are on a trip of a lifetime to Haggerstone Island a fisherman's paradise that is well off the beaten track. The fish are huge and plentiful. No wonder why it is on Scotty's bucket list. | **G** +7CTC19-010+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 10 (R) ’CC’** We have the ultimate guide for school holiday fun. Laurel is on a family holiday that keeps the big kids happy while Tamsyn has found the top 10 boredom busters near Brisbane. | **G** +GDOT19-010+ |

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| 02:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-003+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike explores the Clarence River on a houseboat. Candice visits Seal Rocks Lighthouse Cottage. Pete checks out wake surfing in Ballina. | **G** +7SWE26-020+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-002+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 35 (R) ’CC’** Today on Queensland Weekender it is Tourism Award season and we celebrate the state's best of the best. | **G** +7QWE18-035+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2019 Ep: 10 (R) ’CC’** We are on a trip of a lifetime to Haggerstone Island a fisherman's paradise that is well off the beaten track. The fish are huge and plentiful. No wonder why it is on Scotty's bucket list. | **G** +7CTC19-010+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 10 (R) ’CC’** We have the ultimate guide for school holiday fun. Laurel is on a family holiday that keeps the big kids happy while Tamsyn has found the top 10 boredom busters near Brisbane. | **G** +GDOT19-010+ |

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| 05:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-003+ |

**Wednesday 23 October 2019**

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| 06:00 | **Restaurant: Impossible: Rohrer's Tavern (R)** Chef Robert Irvine heads to North Bend, Ohio, to help revive Rohrer's Tavern, a local staple for more than 60 years. Current owner Lisa has faithfully stuck to the legacy of Rohrer's to a fault. | **PG** +RIMP05-002+ |

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

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| 07:30 | **The Kitchen: 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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| 08:30 | **Restaurant: Impossible: Bronk's Bar And Grill (R)** Chef Robert Irvine's next mission brings him to the small town of Lake City, Minn., where Erik and Tracy are only a month away from losing their 11-year-old restaurant, Bronk's Bar and Grill.  | **PG** +RIMP05-003+ |

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| 09:30 | **Giada At Home: Career Day (R)** Giada De Laurentiis visits her daughter, Jade's, school for a career day presentation. Giada creates a kid-friendly menu for the students to enjoy including Kids Sushi. | **PG** +GIHO06-001+ |

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| 10:00 | **Easy Chinese: Chinatown Unexpected (R)** Ching-He Huang heads to Flushing, New York's Chinatown where she explores the mysterious food enclaves and creates a Flushing-inspired dish. | **PG** +EACH02-002+ |

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

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| 11:00 | **Restaurant: Impossible: Rohrer's Tavern (R)** Chef Robert Irvine heads to North Bend, Ohio, to help revive Rohrer's Tavern, a local staple for more than 60 years. Current owner Lisa has faithfully stuck to the legacy of Rohrer's to a fault. | **PG** +RIMP05-002+ |

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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: Chopped: Beat Bobby Flay, Pt. 1 (R)** Bobby Flay joins the judges' panel, as returning champions compete to win the chance to beat chef Bobby. | **PG** +CHPD31-003+ |

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| 14:00 | **Giada At Home: Career Day (R)** Giada De Laurentiis visits her daughter, Jade's, school for a career day presentation. Giada creates a kid-friendly menu for the students to enjoy including Kids Sushi. | **PG** +GIHO06-001+ |

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| 14:30 | **Restaurant: Impossible: Bronk's Bar And Grill (R)** Chef Robert Irvine's next mission brings him to the small town of Lake City, Minn., where Erik and Tracy are only a month away from losing their 11-year-old restaurant, Bronk's Bar and Grill.  | **PG** +RIMP05-003+ |

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| 15:30 | **Mystery Diners: Mystery Wedding (R)** Kristy and Sarah, owners of Movie sets in New Orleans, are concerned about theft at their prop house-turned-event center. | **PG** +MYSD09-008+ |

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| 16:00 | **Mystery Diners: Too Many Tourists (R)** The owner of Marigny Brasserie in New OrIeans isn't happy about the influx of rowdy tourists at his locals bar, and so he contacts Charles and his team to investigate the situation. | **PG** +MYSD09-009+ |

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| 16:30 | **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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| 17:00 | **Giada At Home: Grilling With Bobby (R)** Giada De Laurentiis invites Bobby Flay over for a day of fun in the kitchen. The two create a colourful meal and Bobby shows Giada how to create one of his favorite cocktails. | **PG** +GIHO06-002+ |

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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: Midnight Snack Attack (R)** The challenge faced by the competing chefs is to make the perfect midnight meal. The finalists aim to wake up the judges' palates with breakfast flavors. | **PG** +CHPD31-004+ |

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| 19:30 | **Restaurant: Impossible: Monkey Business (R)** When Chef Robert Irvine first sees the Spunky Monkey Bar & Grill in Auburn, Wash., he's appalled by the restaurant's condition. | **PG** +RIMP07-011+ |

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| 20:30 | **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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| 21:30 | **Mystery Diners: The Spoils Of Victory (R)** A bigger problem is exposed after the owner of Victory, in New Orleans, contacts Charles to investigate rumours that his restaurant's signature cocktail is being served at other nearby bars. | **PG** +MYSD09-010+ |

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| 22:00 | **Mystery Diners: Cabin Fever (R)** Glen and Susan, the owners of the Gateway Restaurant and Lodge located near Sequoia National Park in California, contact Charles Stiles after hearing complaints of unauthorized parties taking place. | **PG** +MYSD09-011+ |

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| 22:30 | **Restaurant: Impossible: Monkey Business (R)** When Chef Robert Irvine first sees the Spunky Monkey Bar & Grill in Auburn, Wash., he's appalled by the restaurant's condition. | **PG** +RIMP07-011+ |

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| 23:30 | **Chopped: Midnight Snack Attack (R)** The challenge faced by the competing chefs is to make the perfect midnight meal. The finalists aim to wake up the judges' palates with breakfast flavors. | **PG** +CHPD31-004+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-003+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 36 (R) ’CC’** Chris is on a luxury coach tour like no other. From sandstone gorges to reef wonders, it is proof that good times never get old. | **G** +7QWE18-036+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2019 Ep: 11 (R) ’CC’** Heritage listed rainforests, stunning beaches, vibrant little towns, and of course big fish, Scotty is in far north Queensland on a mission to catch the iconic Barra. | **G** +7CTC19-011+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 11 (R) ’CC’** We have school holiday ideas for kids of all ages. Plus we find out what MKR's Andy and Ruby like to do when they are not sweating up a storm in the kitchen. | **G** +GDOT19-011+ |

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| 02:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-004+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike visits Bellingen. Mel heads to the Whitsundays to check out the newly-renovated Daydream Island Resort. Karen visits a chocolate factory. Jack visits two old English style pubs.  | **G** +7SWE26-021+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-003+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 36 (R) ’CC’** Chris is on a luxury coach tour like no other. From sandstone gorges to reef wonders, it is proof that good times never get old. | **G** +7QWE18-036+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2019 Ep: 11 (R) ’CC’** Heritage listed rainforests, stunning beaches, vibrant little towns, and of course big fish, Scotty is in far north Queensland on a mission to catch the iconic Barra. | **G** +7CTC19-011+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 11 (R) ’CC’** We have school holiday ideas for kids of all ages. Plus we find out what MKR's Andy and Ruby like to do when they are not sweating up a storm in the kitchen. | **G** +GDOT19-011+ |

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| 05:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-004+ |

 **Thursday 24 October 2019**

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| 06:00 | **Queensland Weekender: Queensland Weekender 36 (R) ’CC’** Chris is on a luxury coach tour like no other. From sandstone gorges to reef wonders, it is proof that good times never get old. | **G** +7QWE18-036+ |

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| 06:30 | **Easy Chinese: Chinatown Unexpected (R)** Ching-He Huang heads to Flushing, New York's Chinatown where she explores the mysterious food enclaves and creates a Flushing-inspired dish. | **PG** +EACH02-002+ |

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| 07:00 | **The Pioneer Woman: Fixin' Fence, Fixin' Lunch (R)** Ladd and Cowboy Tim are out fixin' fences, so Ree Drummond is fixin' them their favourite Tex-Mex lunch. | **PG** +PIWO13-010+ |

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| 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 | **Mystery Diners: The Spoils Of Victory (R)** A bigger problem is exposed after the owner of Victory, in New Orleans, contacts Charles to investigate rumours that his restaurant's signature cocktail is being served at other nearby bars. | **PG** +MYSD09-010+ |

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| 09:00 | **Mystery Diners: Cabin Fever (R)** Glen and Susan, the owners of the Gateway Restaurant and Lodge located near Sequoia National Park in California, contact Charles Stiles after hearing complaints of unauthorized parties taking place. | **PG** +MYSD09-011+ |

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| 09:30 | **Giada At Home: Grilling With Bobby (R)** Giada De Laurentiis invites Bobby Flay over for a day of fun in the kitchen. The two create a colourful meal and Bobby shows Giada how to create one of his favorite cocktails. | **PG** +GIHO06-002+ |

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| 10:00 | **Easy Chinese: Hollywood Cocktail Party (R)** Ching-He Huang helps her friend, Phil Rosenthal, to prepare Chinese-inspired finger foods for a party he is throwing for his wife's birthday. | **PG** +EACH02-003+ |

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| 10:30 | **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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| 11:00 | **Rachael Ray's Week In A Day: Thanksgiving Before And After (R)** Dishes to feed a crowd in the days leading up to Thanksgiving, dishes that double as dinners or sides for the big day, and what to do with leftovers. Bacon and Brussels Sprout Mac and Cheese; Carrot,  | **PG** +WIAD05-010+ |

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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: Midnight Snack Attack (R)** The challenge faced by the competing chefs is to make the perfect midnight meal. The finalists aim to wake up the judges' palates with breakfast flavors. | **PG** +CHPD31-004+ |

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| 14:00 | **Giada At Home: Grilling With Bobby (R)** Giada De Laurentiis invites Bobby Flay over for a day of fun in the kitchen. The two create a colourful meal and Bobby shows Giada how to create one of his favorite cocktails. | **PG** +GIHO06-002+ |

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| 14:30 | **Restaurant: Impossible: Monkey Business (R)** When Chef Robert Irvine first sees the Spunky Monkey Bar & Grill in Auburn, Wash., he's appalled by the restaurant's condition. | **PG** +RIMP07-011+ |

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| 15:30 | **Mystery Diners: The Spoils Of Victory (R)** A bigger problem is exposed after the owner of Victory, in New Orleans, contacts Charles to investigate rumours that his restaurant's signature cocktail is being served at other nearby bars. | **PG** +MYSD09-010+ |

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| 16:00 | **Mystery Diners: Cabin Fever (R)** Glen and Susan, the owners of the Gateway Restaurant and Lodge located near Sequoia National Park in California, contact Charles Stiles after hearing complaints of unauthorized parties taking place. | **PG** +MYSD09-011+ |

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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: Dim Sum (R)** Giada De Laurentiis prepares a dim sum menu inspired by her recent trip to Hong Kong. She invites her travel companions over to enjoy the exotic dishes. | **PG** +GIHO06-003+ |

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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: Chopped: Beat Bobby Flay, Pt. 2 (R)** Four returning champions compete for a chance to beat Bobby Flay. | **PG** +CHPD31-005+ |

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| 19:30 | **Ramsay's Hotel Hell: The Keating (R) ’CC’** Gordon Ramsay tries to save a landmark San Diego hotel. Starring:GORDON RAMSAY | **M (L)**+HELL01-002+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: La Parra (R) ’CC’** Gordon travels to Spain in his attempt to save La Parra Restaurant, run by a twenty-six-year-old former nightclub manager. | **MA (L)**+RAKN03-001+ |

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| 21:30 | **Ramsay's Kitchen Nightmares: The Fenwick Arms (R) ’CC’** Gordon tackles The Fenwick Arms pub in rural Lancashire. The pub is run by a landlord who, after thirty years in the business and a quadruple heart-bypass, still puts in 120 hours a week. | **MA (L)**+RAKN03-002+ |

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| 22:30 | **Ramsay's Hotel Hell: The Roosevelt (R) ’CC’** Ramsay checks into the Roosevelt Hotel, where the owner is more interested in dressing up like Sherlock Holmes for murder mystery nights than he is in updating the hotel's musty décor. Starring:GORDON RAMSAY | **M (L)**+HELL01-006+ |

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| 23:30 | **Chopped: Chopped: Beat Bobby Flay, Pt. 2 (R)** Four returning champions compete for a chance to beat Bobby Flay. | **PG** +CHPD31-005+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-004+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 37 (R) ’CC’** Bridget has found a place where it is Christmas all year round. We chat to Aussie actor and author, William McInnes. While Luke and Cody are heading to an iconic attraction and celebrated festival. | **G** +7QWE18-037+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2019 Ep: 12 (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** +7CTC19-012+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 12 (R) ’CC’** In this special episode we explore the real impacts of the Gold Coast Commonwealth Games, one year on. | **G** +GDOT19-012+ |

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| 02:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-005+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike heads to Kiama for the HARS Aviation Museum, Kiama Coast walk and more. Matt checks out Centennial Park Wild Play Garden. Karen visits a chocolate factory.  | **G** +7SWE26-022+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-004+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 37 (R) ’CC’** Bridget has found a place where it is Christmas all year round. We chat to Aussie actor and author, William McInnes. While Luke and Cody are heading to an iconic attraction and celebrated festival. | **G** +7QWE18-037+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2019 Ep: 12 (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** +7CTC19-012+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 12 (R) ’CC’** In this special episode we explore the real impacts of the Gold Coast Commonwealth Games, one year on. | **G** +GDOT19-012+ |

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| 05:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-005+ |

 **Friday 25 October 2019**

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| 06:00 | **Queensland Weekender: Queensland Weekender 37 (R) ’CC’** Bridget has found a place where it is Christmas all year round. We chat to Aussie actor and author, William McInnes. While Luke and Cody are heading to an iconic attraction and celebrated festival. | **G** +7QWE18-037+ |

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| 06:30 | **Easy Chinese: Hollywood Cocktail Party (R)** Ching-He Huang helps her friend, Phil Rosenthal, to prepare Chinese-inspired finger foods for a party he is throwing for his wife's birthday. | **PG** +EACH02-003+ |

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| 07:00 | **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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| 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 | **Rachael Ray's Week In A Day: Thanksgiving Before And After (R)** Dishes to feed a crowd in the days leading up to Thanksgiving, dishes that double as dinners or sides for the big day, and what to do with leftovers. Bacon and Brussels Sprout Mac and Cheese; Carrot,  | **PG** +WIAD05-010+ |

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| 09:30 | **Giada At Home: Dim Sum (R)** Giada De Laurentiis prepares a dim sum menu inspired by her recent trip to Hong Kong. She invites her travel companions over to enjoy the exotic dishes. | **PG** +GIHO06-003+ |

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| 10:00 | **Easy Chinese: Hollywood Cocktail Party (R)** Ching-He Huang helps her friend, Phil Rosenthal, to prepare Chinese-inspired finger foods for a party he is throwing for his wife's birthday. | **PG** +EACH02-003+ |

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| 10:30 | **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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| 11:00 | **Rachael Ray's Week In A Day: 4 Star Diner (R)** Your favourite greasy spoon classics become a week's worth of upscale dinners you can make in one day. | **PG** +WIAD03-001+ |

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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: Chopped: Beat Bobby Flay, Pt. 2 (R)** Four returning champions compete for a chance to beat Bobby Flay. | **PG** +CHPD31-005+ |

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| 14:00 | **Giada At Home: Dim Sum (R)** Giada De Laurentiis prepares a dim sum menu inspired by her recent trip to Hong Kong. She invites her travel companions over to enjoy the exotic dishes. | **PG** +GIHO06-003+ |

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| 14:30 | **Rachael Ray's Week In A Day: 4 Star Diner (R)** Your favourite greasy spoon classics become a week's worth of upscale dinners you can make in one day. | **PG** +WIAD03-001+ |

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| 15:30 | **Giada At Home: Jade's Sleepover (R)** Giada De Laurentiis creates a delicious kid friendly menu for her daughter, Jade's, sleep-over party. | **PG** +GIHO06-004+ |

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| 16:00 | **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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| 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** +HOWL03-035+ |

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| 17:30 | **The Kitchen: Poolside Party (R)** The Kitchen is throwing a pool party with everyone's summer favorites. Katie Lee and Marcela Valladolid share new ideas for hot dog toppings, while Jeff Mauro serves up a fresh BBQ Chicken Slaw. | **PG** +TKIT14-005+ |

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| 18:30 | **Chopped: Cheap Eats (R)** The chefs are surprised with some thrifty, yet uniquely yummy, finds in the baskets. | **PG** +CHPD31-006+ |

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| 19:30 | **Restaurant: Impossible: Saving Grace (R)** Grace and Eddie invested their savings and borrowed money to open up Grace's Place Bagels and Deli in Palm Coast. Two years and $320,000 in debt later, Chef Robert Irvine is their last hope. | **PG** +RIMP08-012+ |

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| 20:30 | **Mystery Diners: Train Robbery (R)** Missing supplies and unauthorized passengers are a concern for the owner of the Fillmore and Western Railway in California. | **PG** +MYSD09-012+ |

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| 21:00 | **Mystery Diners: Dusting For Prints (R)** After noticing over $4,000 missing from her office safe, Keeli, owner of Fuzion in Huntington Beach, Calif., believes one of her managers is responsible.  | **PG** +MYSD09-013+ |

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| 21:30 | **Mystery Diners: Going To The Dogs (R)** Charles helps the co-owners of "Shades Oceanfront Bistro" in San Diego, which caters to both human and canine customers, get to the bottom of a discrepancy in their chicken and beef supply. | **PG** +MYSD07-001+ |

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| 22:00 | **Mystery Diners: Cocktail Fail (R)** A tense rivalry between two flair bartenders and missing alcohol are among the problems investigated by Charles and the team, when they arrive at the "Compass" in Carlsbad, California. | **PG** +MYSD07-002+ |

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| 22:30 | **Restaurant: Impossible: Saving Grace (R)** Grace and Eddie invested their savings and borrowed money to open up Grace's Place Bagels and Deli in Palm Coast. Two years and $320,000 in debt later, Chef Robert Irvine is their last hope. | **PG** +RIMP08-012+ |

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| 23:30 | **Mystery Diners: Train Robbery (R)** Missing supplies and unauthorized passengers are a concern for the owner of the Fillmore and Western Railway in California. | **PG** +MYSD09-012+ |

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| 00:00 | **Mystery Diners: Dusting For Prints (R)** After noticing over $4,000 missing from her office safe, Keeli, owner of Fuzion in Huntington Beach, Calif., believes one of her managers is responsible.  | **PG** +MYSD09-013+ |

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| 00:30 | **The Great Food Truck Race: Family Face-Off: The Island (R)** The final two teams head back to Los Angeles, where their trucks have a ferry to catch to Catalina Island. | **PG** +GFTR07-005+ |

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| 01:30 | **Giada At Home: Jade's Sleepover (R)** Giada De Laurentiis creates a delicious kid friendly menu for her daughter, Jade's, sleep-over party. | **PG** +GIHO06-004+ |

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| 02:00 | **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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| 02:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-006+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike gets an overview of the Hawkesbury region from the Vale of Avoca Lookout. Mel Bareboats her way around the Whitsundays. Rose checks out different kinds of boats.  | **G** +7SWE26-023+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-005+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 38 (R) ’CC’** Lee puts his new dive ticket into practice and meets the Warriors of the Reef. | **G** +7QWE18-038+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2019 Ep: 13 (R) ’CC’** Olivia discovers a magical mountain getaway. Sally shares a recipe that is packed full of goodness. Roger is in a fiery situation you never want to be in, while Scotty is exploring Yeppoon. | **G** +7CTC19-013+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 13 (R) ’CC’** From perfect Surfers Paradise activities to upcoming music events and the coolest places to eat and drink we have the best of the Gold Coast covered this week. | **G** +GDOT19-013+ |

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| 05:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-006+ |

 **Saturday 26 October 2019**

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| 06:00 | **Easy Chinese: L.A. Late Night Eats (R)** Ching-He Huang scours the City of Angels to find the best Chinese offerings in the vast Los Angeles late-night street eats scene. | **PG** +EACH02-004+ |

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| 06:30 | **Better Homes And Gardens (R) ’CC’** Joh and Graham transform an unusually shaped area into a veggie garden. Adam builds a chair out of pipes.Karen makes Romanesco Salsa with Haloumi. | **G** +BHAG25-038+ |

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| 08:00 | **Rachael Ray's Week In A Day: 4 Star Diner (R)** Your favourite greasy spoon classics become a week's worth of upscale dinners you can make in one day. | **PG** +WIAD03-001+ |

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| 09:00 | **The Kitchen: Poolside Party (R)** The Kitchen is throwing a pool party with everyone's summer favorites. Katie Lee and Marcela Valladolid share new ideas for hot dog toppings, while Jeff Mauro serves up a fresh BBQ Chicken Slaw. | **PG** +TKIT14-005+ |

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| 10:00 | **Mystery Diners: Going To The Dogs (R)** Charles helps the co-owners of "Shades Oceanfront Bistro" in San Diego, which caters to both human and canine customers, get to the bottom of a discrepancy in their chicken and beef supply. | **PG** +MYSD07-001+ |

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| 10:30 | **Mystery Diners: Cocktail Fail (R)** A tense rivalry between two flair bartenders and missing alcohol are among the problems investigated by Charles and the team, when they arrive at the "Compass" in Carlsbad, California. | **PG** +MYSD07-002+ |

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| 11:00 | **The Great Food Truck Race: Family Face-Off: The Island (R)** The final two teams head back to Los Angeles, where their trucks have a ferry to catch to Catalina Island. | **PG** +GFTR07-005+ |

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| 12:00 | **Chopped: Cheap Eats (R)** The chefs are surprised with some thrifty, yet uniquely yummy, finds in the baskets. | **PG** +CHPD31-006+ |

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| 13:00 | **Giada At Home: Jade's Sleepover (R)** Giada De Laurentiis creates a delicious kid friendly menu for her daughter, Jade's, sleep-over party. | **PG** +GIHO06-004+ |

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| 13:30 | **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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| 14:00 | **The Kitchen: Poolside Party (R)** The Kitchen is throwing a pool party with everyone's summer favorites. Katie Lee and Marcela Valladolid share new ideas for hot dog toppings, while Jeff Mauro serves up a fresh BBQ Chicken Slaw. | **PG** +TKIT14-005+ |

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| 15:00 | **Chopped: Cheap Eats (R)** The chefs are surprised with some thrifty, yet uniquely yummy, finds in the baskets. | **PG** +CHPD31-006+ |

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| 16:00 | **The Great Food Truck Race: Family Face-Off: The Island (R)** The final two teams head back to Los Angeles, where their trucks have a ferry to catch to Catalina Island. | **PG** +GFTR07-005+ |

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| 17:00 | **Mystery Diners: Train Robbery (R)** Missing supplies and unauthorized passengers are a concern for the owner of the Fillmore and Western Railway in California. | **PG** +MYSD09-012+ |

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| 17:30 | **Mystery Diners: Dusting For Prints (R)** After noticing over $4,000 missing from her office safe, Keeli, owner of Fuzion in Huntington Beach, Calif., believes one of her managers is responsible.  | **PG** +MYSD09-013+ |

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| 18:00 | **Mystery Diners: Going To The Dogs (R)** Charles helps the co-owners of "Shades Oceanfront Bistro" in San Diego, which caters to both human and canine customers, get to the bottom of a discrepancy in their chicken and beef supply. | **PG** +MYSD07-001+ |

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| 18:30 | **Mystery Diners: Cocktail Fail (R)** A tense rivalry between two flair bartenders and missing alcohol are among the problems investigated by Charles and the team, when they arrive at the "Compass" in Carlsbad, California. | **PG** +MYSD07-002+ |

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| 19:00 | **My France With Manu: The Rhone Valley - Part 2 (R) ’CC’** Manu starts in Provence where he plays petanque. In Camargue, Manu herds cattle with local cowboys and learns bull fighting in Arles. On the Cote d'Azur, Manu goes cliff diving and visits his family. | **PG** +MANU2-002+ |

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| 20:00 | **My France With Manu: The Pyrenees (R) ’CC’** Manu returns to take us on another journey through his home country exploring the streets of Paris. its delights, and even learning the Can Can. | **PG (N)**+MANU03-001+ |

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| 21:00 | **Ramsay's Kitchen Nightmares: La Parra - Revisted (R) ’CC’** Tonight, Gordon revisits La Parra Restaurant, and finds that while the owner has a core of expats he struggles to get native Spaniards through the door.  | **MA (L)**+RAKN03-005+ |

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| 22:00 | **Ramsay's Kitchen Nightmares: The Fenwick Arms - Revisited (R) ’CC’** Gordon returns to the Fenwick Arms, and finds that new competition is threatening the pub's survival.  | **MA (L)**+RAKN03-006+ |

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| 23:00 | **My France With Manu: The Rhone Valley - Part 2 (R) ’CC’** Manu starts in Provence where he plays petanque. In Camargue, Manu herds cattle with local cowboys and learns bull fighting in Arles. On the Cote d'Azur, Manu goes cliff diving and visits his family. | **PG** +MANU2-002+ |

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| 00:00 | **My France With Manu: The Pyrenees (R) ’CC’** Manu returns to take us on another journey through his home country exploring the streets of Paris. its delights, and even learning the Can Can. | **PG (N)**+MANU03-001+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 39 (R) ’CC’** Sammie's on a spectacular journey through the state's south-west, from surfing dunes, to desert golf and Outback Olympics. | **G** +7QWE18-039+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2019 Ep: 14 (R) ’CC’** Chris discovers some Fraser Coast gems. Sally has a one pot wonder, while Scotty has the story on 4 mile beach. | **G** +7CTC19-014+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 14 (R) ’CC’** The Great Day Out is people, places and friendly faces; it is at the very heart of Queensland and special guest celebrities will invite you along on their Great Day Out. | **G** +GDOT19-014+ |

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| 02:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-007+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike heads to Oberon to do some truffle hunting. Mel checks out the Airlie Beach Music Festival.Fliss checks out a new dining precinct in Gosford. | **G** +7SWE26-024+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-006+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 39 (R) ’CC’** Sammie's on a spectacular journey through the state's south-west, from surfing dunes, to desert golf and Outback Olympics. | **G** +7QWE18-039+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2019 Ep: 14 (R) ’CC’** Chris discovers some Fraser Coast gems. Sally has a one pot wonder, while Scotty has the story on 4 mile beach. | **G** +7CTC19-014+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 14 (R) ’CC’** The Great Day Out is people, places and friendly faces; it is at the very heart of Queensland and special guest celebrities will invite you along on their Great Day Out. | **G** +GDOT19-014+ |

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| 05:30 | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA21-007+ |