**Sunday 22 December 2019**

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| 06:00 | **Iron Chef America: Zakarian vs. Frauneder (R)** Iron Chef Geoffrey Zakarian faces off against challenger Eduard Frauneder. | **PG** +ICAM10-019+ |

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| 07:00 | **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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| 08:00 | **Guy's Grocery Games: Full-On Fried (R)** Four fried-food fanatics enter Flavortown to take on Guy Fieri's deep-fried games. | **PG** +GUGG16-002+ |

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| 09:00 | **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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| 09:30 | **Taco Trip: Boston (R)** Aaron visits Boston, where he eats spicy salsa, paired with a burrito containing fried plantains and Cubano tacos. | **PG** +TACO02-008+ |

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| 10:00 | **Iron Chef America: Zakarian vs. Frauneder (R)** Iron Chef Geoffrey Zakarian faces off against challenger Eduard Frauneder. | **PG** +ICAM10-019+ |

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| 11:00 | **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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| 12:00 | **Guy's Grocery Games: Full-On Fried (R)** Four fried-food fanatics enter Flavortown to take on Guy Fieri's deep-fried games. | **PG** +GUGG16-002+ |

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| 13:00 | **Pacific Island Food Revolution: 1000 Days** Join us on our Pacific cooking competition presenting some of the most delicious food on the planet. | **PG** +PIFR01-011+ |

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| 14:00 | **Pacific Island Food Revolution: Grand Finale** Join us on our Pacific cooking competition presenting some of the most delicious food on the planet. | **PG** +PIFR01-012+ |

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| 15:00 | **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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| 15:30 | **Taco Trip: Boston (R)** Aaron visits Boston, where he eats spicy salsa, paired with a burrito containing fried plantains and Cubano tacos. | **PG** +TACO02-008+ |

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| 16:00 | **Iron Chef America: Zakarian vs. Frauneder (R)** Iron Chef Geoffrey Zakarian faces off against challenger Eduard Frauneder. | **PG** +ICAM10-019+ |

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| 17:00 | **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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| 18:00 | **Kid's Baking Championship: Pet Shop Joys (R)** Cute little pets serve as the inspiration for incredible sweets when the last five kid bakers standing must create a dessert inspired by the animal they are paired with. | **PG** +KBAC03-008+ |

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| 19:00 | **Christmas Special: Christmas Cookie Challenge (2015)** In this Christmas Cookie Challenge hosted by Jonathan Bennett, five confident and daring bakers compete to prove their holiday cookie-making skills. | **PG** +FONS01-001+ |

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| 20:00 | **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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| 21:00 | **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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| 22:00 | **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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| 23:00 | **Special: All-Star Holiday (2015)** We're cooking up some of our favorite holiday recipes from the kitchens of our Food Network family, including Giada De Laurentiis, Ree Drummond, Guy Fieri, Bobby Flay. Nancy Fuller, and Ina Garten. | **PG** +FONS01-005+ |

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| 00:00 | **Christmas Special: Christmas Cookie Challenge (2015)** In this Christmas Cookie Challenge hosted by Jonathan Bennett, five confident and daring bakers compete to prove their holiday cookie-making skills. | **PG** +FONS01-001+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 14 (R) ’CC’** Victoria takes a trip out to the Great Barrier Reef. It is reptile mania for Chris as he heads to Snakes Downunder Reptile Park and Zoo, while Duane checks out the Fliteboard. | **G** +7QWE19-014+ |

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| 01:30 | **Creek To Coast: 2019 Ep: 32 (R) ’CC’** Andrew is smoking chicken. Duane is out being a mud slinger, while Scott is fishing off the Sunny Coast where it is a Snapper-A-Thon. | **G** +7CTC19-032+ |

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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** +HIWA22-015+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike checks out some new places in Dubbo. Mel finds the best spots to take kids in Darling Harbour. Darren takes his driving skills up a notch at Sydney Dragway. | **G** +7SWE26-039+ |

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| 03:30 | **SA Weekender: SA Weekender 2019 Ep: 31 (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-031+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 14 (R) ’CC’** Victoria takes a trip out to the Great Barrier Reef. It is reptile mania for Chris as he heads to Snakes Downunder Reptile Park and Zoo, while Duane checks out the Fliteboard. | **G** +7QWE19-014+ |

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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** +HIWA22-015+ |

 **Monday 23 December 2019**

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| 06:00 | **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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| 07:00 | **Special: All-Star Holiday (2015)** We're cooking up some of our favorite holiday recipes from the kitchens of our Food Network family, including Giada De Laurentiis, Ree Drummond, Guy Fieri, Bobby Flay. Nancy Fuller, and Ina Garten. | **PG** +FONS01-005+ |

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| 08:00 | **Kid's Baking Championship: Pet Shop Joys (R)** Cute little pets serve as the inspiration for incredible sweets when the last five kid bakers standing must create a dessert inspired by the animal they are paired with. | **PG** +KBAC03-008+ |

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| 09:00 | **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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| 10:00 | **Pacific Island Food Revolution: 1000 Days (R)** Join us on our Pacific cooking competition presenting some of the most delicious food on the planet. | **PG** +PIFR01-011+ |

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| 11:00 | **Pacific Island Food Revolution: Grand Finale (R)** Join us on our Pacific cooking competition presenting some of the most delicious food on the planet. | **PG** +PIFR01-012+ |

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| 12:00 | **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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| 13:00 | **Kid's Baking Championship: Pet Shop Joys (R)** Cute little pets serve as the inspiration for incredible sweets when the last five kid bakers standing must create a dessert inspired by the animal they are paired with. | **PG** +KBAC03-008+ |

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| 15:00 | **Christmas Special: Christmas Cookie Challenge (2015)** In this Christmas Cookie Challenge hosted by Jonathan Bennett, five confident and daring bakers compete to prove their holiday cookie-making skills. | **PG** +FONS01-001+ |

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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** +HOWL03-040+ |

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| 17:00 | **The Grill Dads: Not Your Ordinary Classics (R)** Classic food with outrageous twists are on the menu as the Grill Dads continue their road trip adventure across America. | **PG** +GRIL01-004+ |

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| 17:30 | **The Kitchen: A Festive Family Feast (R)** The Kitchen is decking the halls for a holiday feast and Katie Lee kicks things off with her Sticky Apricot Drumsticks. | **PG** +TKIT15-008+ |

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| 18:30 | **Chopped: Knife Strife (R)** The competition begins with a gory story in the appetizer round, when the chefs find blood sausages in the basket. | **PG** +CHPD27-001+ |

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| 19:30 | **Giada At Home (R)** Giada and her family celebrate the holidays at Aunt Raffy's house in Aspen. Fun-filled days in the snowy mountains begin and end with family meals, good cheer, and amazing food. | **PG** +GIHO05-801+ |

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| 20:30 | **Mystery Diners: Hot Meat (R)** After receiving deals that are too good to be true, Tony, the owner of Rivoli's in Tom's River, N.J., believes his new meat purveyor is selling him stolen goods.  | **PG (L,A)**+MYSD11-010+ |

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| 21:00 | **Mystery Diners: Crooked Contest (R)** After hearing rumors that their song writing contest is rigged, Rose and Tom of Belcourt Taps in Nashville contact Charles Stiles for help. 80's pop star Tiffany goes undercover as a Mystery Diner. | **PG (L,A)**+MYSD11-011+ |

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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. | **M (L)**+HEKI11-007+ |

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| 22:25 | **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)**+HEKI11-008+ |

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| 23:20 | **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** +HEKI11-009+ |

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| 00:20 | **SA Weekender: SA Weekender 2019 Ep: 32 (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-032+ |

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| 00:55 | **Queensland Weekender: Queensland Weekender 2019 Ep: 15 (R) ’CC’** Chris finds a place where you can enjoy a trim, shave and great spirits. Kip is on a blokes tour of the Lost World Valley. Sammie solves your fashion dilemmas for this year's Brisbane Racing Carnival. | **G** +7QWE19-015+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2019 Ep: 33 (R) ’CC’** Olivia takes a caravan trip to Double Island Point. Roger goes on a 4WD trip to Magnetic Island, while Scotty explores Rainbow Beach fishing. | **G** +7CTC19-033+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 29 (R) ’CC’** Billy gets a new appreciation for an old classic. Laurel luxuriates in New Farm. Jess learns the art of pasta making, while Alastair discovers a pizzeria with a difference. | **G** +GDOT19-029+ |

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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** +HIWA22-016+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike visits the Australian War Memorial and Parliament House in Canberra. Lizzy takes us behind the scenes at the 2019 Schools Spectacular. Sally checks out Narellan Town Centre.  | **G** +7SWE26-040+ |

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| 03:30 | **SA Weekender: SA Weekender 2019 Ep: 32 (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-032+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 15 (R) ’CC’** Chris finds a place where you can enjoy a trim, shave and great spirits. Kip is on a blokes tour of the Lost World Valley. Sammie solves your fashion dilemmas for this year's Brisbane Racing Carnival. | **G** +7QWE19-015+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 29 (R) ’CC’** Billy gets a new appreciation for an old classic. Laurel luxuriates in New Farm. Jess learns the art of pasta making, while Alastair discovers a pizzeria with a difference. | **G** +GDOT19-029+ |

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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** +HIWA22-016+ |

 **Tuesday 24 December 2019**

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| 06:00 | **Pacific Island Food Revolution: Grand Finale (R)** Join us on our Pacific cooking competition presenting some of the most delicious food on the planet. | **PG** +PIFR01-012+ |

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| 07:00 | **The Grill Dads: Not Your Ordinary Classics (R)** Classic food with outrageous twists are on the menu as the Grill Dads continue their road trip adventure across America. | **PG** +GRIL01-004+ |

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| 07:30 | **The Kitchen: A Festive Family Feast (R)** The Kitchen is decking the halls for a holiday feast and Katie Lee kicks things off with her Sticky Apricot Drumsticks. | **PG** +TKIT15-008+ |

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| 08:30 | **Chopped: Knife Strife (R)** The competition begins with a gory story in the appetizer round, when the chefs find blood sausages in the basket. | **PG** +CHPD27-001+ |

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| 09:30 | **The Grill Dads: Food Like A Cozy Hug (R)** The Grill Dads travel to Minneapolis, where classic chicken pot pie is elevated into a 10,000 Lakes Pot Pie topped with a homemade, buttery puff pastry dough. | **PG** +GRIL01-005+ |

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| 10:00 | **Giada At Home (R)** Giada and her family celebrate the holidays at Aunt Raffy's house in Aspen. Fun-filled days in the snowy mountains begin and end with family meals, good cheer, and amazing food. | **PG** +GIHO05-801+ |

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| 11:00 | **Mystery Diners: Hot Meat (R)** After receiving deals that are too good to be true, Tony, the owner of Rivoli's in Tom's River, N.J., believes his new meat purveyor is selling him stolen goods.  | **PG (L,A)**+MYSD11-010+ |

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| 11:30 | **Mystery Diners: Crooked Contest (R)** After hearing rumors that their song writing contest is rigged, Rose and Tom of Belcourt Taps in Nashville contact Charles Stiles for help. 80's pop star Tiffany goes undercover as a Mystery Diner. | **PG (L,A)**+MYSD11-011+ |

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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 | **The Grill Dads: Food Like A Cozy Hug (R)** The Grill Dads travel to Minneapolis, where classic chicken pot pie is elevated into a 10,000 Lakes Pot Pie topped with a homemade, buttery puff pastry dough. | **PG** +GRIL01-005+ |

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| 17:30 | **The Kitchen: Jolly Good Holiday (R)** The Kitchen is bringing good tidings and a great menu for holiday cheer. To start, Geoffrey Zakarian serves Beef Tenderloin with Jeff Mauro's Blue Cheesy Yorkshire Puddings. | **PG** +TKIT15-009+ |

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| 18:30 | **Christmas Special: Santa's Makeover (R) (2016)** Cake Wars kicks off the first of six Christmas-themed battles, as seven teams composed of a cake artist, sugar sculptor and master food carver take to the kitchen. | **PG** +CAKS01-001+ |

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| 19:25 | **Christmas Special: How The Grinch Stole Christmas (R) (2016)** The six remaining teams made up of a cake artist, sugar sculptor and master food carver return to battle to celebrate the 50th anniversary of How the Grinch Stole Christmas. | **PG** +CAKS01-002+ |

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| 20:20 | **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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| 21:15 | **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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| 22:10 | **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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| 23:05 | **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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| 00:00 | **Giada At Home (R)** Giada and her family celebrate the holidays at Aunt Raffy's house in Aspen. Fun-filled days in the snowy mountains begin and end with family meals, good cheer, and amazing food. | **PG** +GIHO05-801+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 16 (R) ’CC’** Victoria is on a unique cruise on the Endeavour River in Cooktown. Chris explores the Fraser Coast and its many family friendly offerings, while Bridget is heading west to country town Miles. | **G** +7QWE19-016+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2019 Ep: 34 (R) ’CC’** Victoria goes on a northern NSW road trip. Sally shares a recipe for a cheese fondue grazing platter, while Scotty attends the annual Kurrimine Beach Fishing Competition. | **G** +7CTC19-034+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 30 (R) ’CC’** Spring is so close you can almost smell it, to celebrate Jillian uncovers upcoming spring events. Laurel explores the exquisite gardens of the Lockyer Valley and Loretta Ryan shares her Great Day Out. | **G** +GDOT19-030+ |

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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** +HIWA22-017+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike explores the historic town of Jugiong. Karen checks out the Upper Lachlan and Taralga Wildlife Park. Erica sets sail aboard the Majestic Princess. | **G** +7SWE26-041+ |

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| 03:30 | **SA Weekender ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-033+ |

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 **Wednesday 25 December 2019**

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| 06:00 | **Pacific Island Food Revolution: Tonga, Pt. 1 (R)** A celebration of Pacific cuisine awaits in this brand-new cooking competition. Kicking off in Tonga, we meet the first three teams who must cook for Robert Oliver and The Princess Royal of Tonga. | **PG** +PIFR01-001+ |

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| 06:55 | **Pacific Island Food Revolution: Fiji, Pt. 1 (R)** The competition heads to Fiji where three new teams must showcase the best of healthy Fijian cuisine to impress Robert Oliver and Co-Host Dr Jone Hawea. | **PG** +PIFR01-002+ |

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| 07:50 | **Pacific Island Food Revolution: Vanuatu, Pt. 1 (R)** Pacific Island Food Revolution heads to Vanuatu, where three new teams must recreate classic dishes with a twist for Robert Oliver and Co-Host Votausi Mackenzie-Reur.  | **PG** +PIFR01-003+ |

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| 08:45 | **Pacific Island Food Revolution: Samoa, Pt. 1 (R)** Things heat up in Samoa where three new teams must make three inspired by the ‘Eat A Rainbow’ campaign, a Ministry of Health initiative encouraging people to eat a variety of food and vegetables. | **PG** +PIFR01-004+ |

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| 09:40 | **Pacific Island Food Revolution: Tonga, Pt. 2 (R)** Join us on our Pacific cooking competition presenting some of the most delicious food on the planet. | **PG** +PIFR01-005+ |

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| 10:35 | **Pacific Island Food Revolution: Fiji, Pr. 2 (R)** Join us on our Pacific cooking competition presenting some of the most delicious food on the planet. | **PG** +PIFR01-006+ |

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| 11:30 | **Pacific Island Food Revolution: Vanuatu, Pt. 2 (R)** Join us on our Pacific cooking competition presenting some of the most delicious food on the planet. | **PG** +PIFR01-007+ |

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| 12:25 | **Pacific Island Food Revolution: Samoa, Pt. 2 (R)** Join us on our Pacific cooking competition presenting some of the most delicious food on the planet. | **PG** +PIFR01-008+ |

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| 13:20 | **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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| 14:15 | **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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| 15:10 | **Pacific Island Food Revolution: 1000 Days (R)** Join us on our Pacific cooking competition presenting some of the most delicious food on the planet. | **PG** +PIFR01-011+ |

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| 16:05 | **Pacific Island Food Revolution: Grand Finale (R)** Join us on our Pacific cooking competition presenting some of the most delicious food on the planet. | **PG** +PIFR01-012+ |

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| 17:00 | **The Grill Dads: Bigger, More Outrageous Meats (R)** The Grill Dads head to Jackson, for an insanely ginormous 40-ounce steak that's not for the faint of heart. | **PG** +GRIL01-006+ |

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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: Healthy Rivalry (R)** Four chefs are challenged to create light dishes from baskets full of nutritious surprises. | **PG** +CHPD27-002+ |

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| 19:30 | **Restaurant: Impossible: Unfixable Family (R)** Chef Robert Irvine may have met his match when he encounters the volatile owners of Mike LaSusa's Italian Restaurant in Oak Creek, Wis.  | **PG** +RIMP07-008+ |

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| 20:30 | **Restaurant: Impossible: Goombazz Gone Wild (R)** Sal and Brenda's one-year old restaurant, Goombazz Big City Eatzz, has struggled to find a strong customer base and is now more than $300,000 in debt.  | **PG** +RIMP07-009+ |

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| 21:25 | **Mystery Diners: Rigged Rental (R)** Steve, owner of Nashville Street Tacos and The Stillery in Nashville, believes his part-time apartment above his restaurant is being used while he's out of town.  | **PG (L,A)**+MYSD11-012+ |

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| 21:50 | **Mystery Diners: Tables Turned (R)** In this special episode of Mystery Diners, Charles Stiles and his undercover team risk it all to bust the boss. For the first time ever, the sting is conducted from inside the restaurant.  | **PG (L,A)**+MYSD11-013+ |

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| 22:20 | **Restaurant: Impossible: Unfixable Family (R)** Chef Robert Irvine may have met his match when he encounters the volatile owners of Mike LaSusa's Italian Restaurant in Oak Creek, Wis.  | **PG** +RIMP07-008+ |

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| 23:15 | **Mystery Diners: Rigged Rental (R)** Steve, owner of Nashville Street Tacos and The Stillery in Nashville, believes his part-time apartment above his restaurant is being used while he's out of town.  | **PG (L,A)**+MYSD11-012+ |

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| 23:50 | **Mystery Diners: Tables Turned (R)** In this special episode of Mystery Diners, Charles Stiles and his undercover team risk it all to bust the boss. For the first time ever, the sting is conducted from inside the restaurant.  | **PG (L,A)**+MYSD11-013+ |

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| 00:25 | **SA Weekender ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-034+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 17 (R) ’CC’** Lee is on a journey from the beach to the bush to compete in the outback's toughest endurance event. | **G** +7QWE19-017+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2019 Ep: 35 (R) ’CC’** Creek to Coast with Caravanning Queensland is travelling west of the Divide, exploring Charleville, Cunnamulla, St George, Goondiwindi and Stanthorpe. Discovering great stays, eats and sights. | **G** +7CTC19-035+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 31 (R) ’CC’** Billy gets a taste of Moreton Bay. Luke meets some emerging artists. Laurel takes high tea with Aussie film royalty, while Jillian visits some seriously glam places to stay on the Gold Coast. | **G** +GDOT19-031+ |

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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** +HIWA22-018+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike tours the Sydney Cricket and Sporting Ground Trust Precinct. Mel goes to Alice Springs to check out some gorgeous locations and art. Sally goes to Canberra for the Enlighten Festival. Starring:ERICA DAVIS,LEA WILSON,SALLY STANTON,MEL SYMONS,MIKE WHITNEY | **G** +7SWE26-001+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-034+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 17 (R) ’CC’** Lee is on a journey from the beach to the bush to compete in the outback's toughest endurance event. | **G** +7QWE19-017+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2019 Ep: 35 (R) ’CC’** Creek to Coast with Caravanning Queensland is travelling west of the Divide, exploring Charleville, Cunnamulla, St George, Goondiwindi and Stanthorpe. Discovering great stays, eats and sights. | **G** +7CTC19-035+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 31 (R) ’CC’** Billy gets a taste of Moreton Bay. Luke meets some emerging artists. Laurel takes high tea with Aussie film royalty, while Jillian visits some seriously glam places to stay on the Gold Coast. | **G** +GDOT19-031+ |

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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** +HIWA22-018+ |

 **Thursday 26 December 2019**

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| 06:00 | **Pacific Island Food Revolution: Grand Finale (R)** Join us on our Pacific cooking competition presenting some of the most delicious food on the planet. | **PG** +PIFR01-012+ |

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| 07:00 | **The Grill Dads: Bigger, More Outrageous Meats (R)** The Grill Dads head to Jackson, for an insanely ginormous 40-ounce steak that's not for the faint of heart. | **PG** +GRIL01-006+ |

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| 07:30 | **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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| 08:30 | **Guy's Grocery Games: Last Judge Standing Tournament, Pt. 4 (R)** Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG** +GUGG15-008+ |

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| 09:30 | **The Pioneer Woman: Dorm Room Dining (R)** Ree Drummond is sharing some great ideas for simple, minimal-prep dorm room food made with basic tools, such as Waffle Maker Pizzas, Paninis and Quesadillas. | **PG** +PIWO12-001+ |

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| 10:00 | **Chopped: Healthy Rivalry (R)** Four chefs are challenged to create light dishes from baskets full of nutritious surprises. | **PG** +CHPD27-002+ |

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| 11:00 | **Iron Chef America: Morimoto Vs. Zakarian (R)** A culinary battle between New York chef Geoffrey Zakarian and Iron Chef Masaharu Morimoto. | **PG** +ICAM08-010+ |

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| 12:00 | **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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| 13:00 | **Chopped: Healthy Rivalry (R)** Four chefs are challenged to create light dishes from baskets full of nutritious surprises. | **PG** +CHPD27-002+ |

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| 14:00 | **The Grill Dads: Bigger, More Outrageous Meats (R)** The Grill Dads head to Jackson, for an insanely ginormous 40-ounce steak that's not for the faint of heart. | **PG** +GRIL01-006+ |

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| 14:30 | **Restaurant: Impossible: Unfixable Family (R)** Chef Robert Irvine may have met his match when he encounters the volatile owners of Mike LaSusa's Italian Restaurant in Oak Creek, Wis.  | **PG** +RIMP07-008+ |

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| 15:30 | **Mystery Diners: Rigged Rental (R)** Steve, owner of Nashville Street Tacos and The Stillery in Nashville, believes his part-time apartment above his restaurant is being used while he's out of town.  | **PG (L,A)**+MYSD11-012+ |

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| 16:00 | **Mystery Diners: Tables Turned (R)** In this special episode of Mystery Diners, Charles Stiles and his undercover team risk it all to bust the boss. For the first time ever, the sting is conducted from inside the restaurant.  | **PG (L,A)**+MYSD11-013+ |

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| 16:30 | **The Pioneer Woman: Dorm Room Dining (R)** Ree Drummond is sharing some great ideas for simple, minimal-prep dorm room food made with basic tools, such as Waffle Maker Pizzas, Paninis and Quesadillas. | **PG** +PIWO12-001+ |

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| 17:00 | **The Grill Dads: More Of The Good Stuff, Please! (R)** The Grill Dads' epic road trip continues as they head to the Saint Lawrence Gridiron in Boise, Idaho, for a house-rubbed 18-ounce beef rib that's braised and grilled to fall-off-the-bone perfection. | **PG** +GRIL01-007+ |

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| 17:30 | **The Kitchen: Kids' Eats (R)** The Kitchen is celebrating kids, starting with Sunny Anderson's kid-friendly Easy Cheesy Bacon Salisbury Steak and a snack attack with special guest and Geoffrey Zakarian's wife, Margaret Zakarian. | **PG** +TKIT14-006+ |

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| 18:30 | **Chopped: Brunch Battle (R)** Four chefs are challenged with making the magic of brunch look easy and creating the kind of meal that friends and family would love to linger over. | **PG** +CHPD27-003+ |

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

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| 20:30 | **Ramsay's Kitchen Nightmares: Moore Place (R) ’CC’** Gordon visits Moore Place, run by two self-confessed restaurant virgins. They've both had successful previous careers, but hadn't fathomed was just how difficult it would be to run a restaurant. | **MA (L)**+RAKN01-004+ |

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| 21:30 | **Ramsay's Kitchen Nightmares: Moore Place - Revisited (R) ’CC’** Gordon goes back to Moore Place, to discover whether his fast-track guide to restaurant success helped the brewery whiz-kids transform their failing ex-Berni Inn into a profitable business. | **MA (L)**+RAKN01-007+ |

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| 22:25 | **Restaurant: Impossible: Clueless In The Country (R)** Chef Robert Irvine may have met one of the most clueless owners he's encountered at Heather's Country Kitchen. | **PG** +RIMP07-010+ |

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| 23:20 | **Restaurant: Impossible: Dirty Laundry (R)** Chef Robert Irvine heads to Hillbillies Restaurant in Murphys, Calif., to investigate why Jami's breakfast and lunch spot is failing. | **PG** +RIMP07-012+ |

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| 00:25 | **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 2019 Ep: 18 (R) ’CC’** Liz sets sail for Peel Island, while Chris discovers rustic charms around the Scenic Rim. | **G** +7QWE19-018+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2019 Ep: 36 (R) ’CC’** Olivia embarks on a kayak fishing trip to Lake Samsonvale. Roger takes his beloved ute Dolly home to outback Queensland, while Scotty uses the latest technology on his fishing trip to Kurrimine. | **G** +7CTC19-036+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 32 (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** +GDOT19-032+ |

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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** +HIWA22-019+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike explores Orange. Dean heads to Balmoral Beach to try foil serving. Mel visits Alice Springs to check out some gorgeous locations. Starring:DEAN CROPP,ERICA DAVIS,SALLY STANTON,MEL SYMONS,MIKE WHITNEY | **G** +7SWE26-002+ |

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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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| 04:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 18 (R) ’CC’** Liz sets sail for Peel Island, while Chris discovers rustic charms around the Scenic Rim. | **G** +7QWE19-018+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2019 Ep: 36 (R) ’CC’** Olivia embarks on a kayak fishing trip to Lake Samsonvale. Roger takes his beloved ute Dolly home to outback Queensland, while Scotty uses the latest technology on his fishing trip to Kurrimine. | **G** +7CTC19-036+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 32 (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** +GDOT19-032+ |

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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** +HIWA22-019+ |

 **Friday 27 December 2019**

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| 06:00 | **Restaurant: Impossible: Clueless In The Country (R)** Chef Robert Irvine may have met one of the most clueless owners he's encountered at Heather's Country Kitchen. | **PG** +RIMP07-010+ |

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| 07:00 | **The Grill Dads: More Of The Good Stuff, Please! (R)** The Grill Dads' epic road trip continues as they head to the Saint Lawrence Gridiron in Boise, Idaho, for a house-rubbed 18-ounce beef rib that's braised and grilled to fall-off-the-bone perfection. | **PG** +GRIL01-007+ |

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| 07:30 | **The Kitchen: Kids' Eats (R)** The Kitchen is celebrating kids, starting with Sunny Anderson's kid-friendly Easy Cheesy Bacon Salisbury Steak and a snack attack with special guest and Geoffrey Zakarian's wife, Margaret Zakarian. | **PG** +TKIT14-006+ |

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| 08:30 | **Guy's Grocery Games: Last Judge Standing Tournament Finale: Judgement Day (R)** Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG** +GUGG15-009+ |

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| 09:30 | **The Pioneer Woman: Party In The Fridge (R)** Ree Drummond is stocking the fridge with some make-ahead dishes for a cocktail party, including Chicken Satay with Peanut Sauce. | **PG** +PIWO12-002+ |

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| 10:00 | **Chopped: Brunch Battle (R)** Four chefs are challenged with making the magic of brunch look easy and creating the kind of meal that friends and family would love to linger over. | **PG** +CHPD27-003+ |

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| 11:00 | **Restaurant: Impossible: Dirty Laundry (R)** Chef Robert Irvine heads to Hillbillies Restaurant in Murphys, Calif., to investigate why Jami's breakfast and lunch spot is failing. | **PG** +RIMP07-012+ |

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| 12:00 | **The Kitchen: Kids' Eats (R)** The Kitchen is celebrating kids, starting with Sunny Anderson's kid-friendly Easy Cheesy Bacon Salisbury Steak and a snack attack with special guest and Geoffrey Zakarian's wife, Margaret Zakarian. | **PG** +TKIT14-006+ |

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| 13:00 | **Chopped: Brunch Battle (R)** Four chefs are challenged with making the magic of brunch look easy and creating the kind of meal that friends and family would love to linger over. | **PG** +CHPD27-003+ |

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| 14:00 | **The Grill Dads: More Of The Good Stuff, Please! (R)** The Grill Dads' epic road trip continues as they head to the Saint Lawrence Gridiron in Boise, Idaho, for a house-rubbed 18-ounce beef rib that's braised and grilled to fall-off-the-bone perfection. | **PG** +GRIL01-007+ |

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

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| 15:30 | **Restaurant: Impossible: Dirty Laundry (R)** Chef Robert Irvine heads to Hillbillies Restaurant in Murphys, Calif., to investigate why Jami's breakfast and lunch spot is failing. | **PG** +RIMP07-012+ |

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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** +HOWL03-040+ |

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| 17:30 | **The Kitchen: Summer Sendoff (R)** Geoffrey Zakarian starts off with his Grilled Lobster and Shrimp Tacos, then Marcela Valladolid and Jeff Mauro show different ways to make summer favorites last all year round.  | **PG** +TKIT14-007+ |

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| 18:30 | **Chopped: Chinese New Year (R)** Cue the fireworks as China's biggest holiday has its moment in the Chopped Kitchen! | **PG** +CHPD27-004+ |

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

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| 20:30 | **Mystery Diners: Deli Drama (R)** Fearing that his new baker is taking artistic license with customer cake orders, Lenny, owner of Lenny's Deli in Los Angeles, asks Charles Stiles to investigate.  | **PG** +MYSD09-001+ |

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| 20:55 | **Mystery Diners: Bowling For Dollars (R)** After hearing complaints about rowdy customers, Bryan, owner of Corbin Bowling Center in Tarzana, Calif., contacts Charles Stiles for help. Mystery Diners Eliot and Kendall go undercover. | **PG** +MYSD09-002+ |

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| 21:25 | **Mystery Diners: Very Bad Bosses (R)** A waitstaff in California contact Charles to do a reverse sting on their employer, in order to bring their alleged mistreatment to light. | **PG** +MYSD09-003+ |

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| 21:50 | **Mystery Diners: Barrel Of Monkeys (R)** Damian, owner of Doffo Winery in Temecula, Calif., contacts Charles Stiles after noticing missing wine barrels. Mystery Diners Jamie and Kendall go undercover to see which employees are responsible. | **PG** +MYSD09-004+ |

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| 22:20 | **Restaurant: Impossible: Mumbo Jumbo (R)** Julio purchased the Mexican restaurant Estrada's six years ago and it has been anything but a fiesta. They are in over $400,000 worth of debt and seriously need Chef Robert Irvine's help. | **PG** +RIMP07-013+ |

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| 23:15 | **Mystery Diners: Deli Drama (R)** Fearing that his new baker is taking artistic license with customer cake orders, Lenny, owner of Lenny's Deli in Los Angeles, asks Charles Stiles to investigate.  | **PG** +MYSD09-001+ |

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| 23:50 | **Mystery Diners: Bowling For Dollars (R)** After hearing complaints about rowdy customers, Bryan, owner of Corbin Bowling Center in Tarzana, Calif., contacts Charles Stiles for help. Mystery Diners Eliot and Kendall go undercover. | **PG** +MYSD09-002+ |

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| 00:25 | **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 2019 Ep: 19 (R) ’CC’** Liz proves you don't have to travel overseas to enjoy a tropical holiday. Lee gets the engine revving, and the heart racing in a WRX rally. Bridget meets a 40-year veteran of the Eumundi Markets. | **G** +7QWE19-019+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2019 Ep: 37 (R) ’CC’** Creek to Coast embarks on an epic road trip to deliver essentials to battling farms and country communities. Travelling in a convoy up the range to Toowoomba, Warwick and Goondiwindi. | **G** +7CTC19-037+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 33 (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** +GDOT19-033+ |

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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** +HIWA22-020+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike heads to the Snowy Mountains and goes on a river sled tour with Activate Lake Crackenback. Fliss heads for the Wyong Milk Factory. Teigan goes to Skater HQ to have fun while getting fit. | **G** +7SWE26-003+ |

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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 2019 Ep: 19 (R) ’CC’** Liz proves you don't have to travel overseas to enjoy a tropical holiday. Lee gets the engine revving, and the heart racing in a WRX rally. Bridget meets a 40-year veteran of the Eumundi Markets. | **G** +7QWE19-019+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2019 Ep: 37 (R) ’CC’** Creek to Coast embarks on an epic road trip to deliver essentials to battling farms and country communities. Travelling in a convoy up the range to Toowoomba, Warwick and Goondiwindi. | **G** +7CTC19-037+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 33 (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** +GDOT19-033+ |

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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** +HIWA22-020+ |

 **Saturday 28 December 2019**

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| 06:00 | **The Pioneer Woman: Party In The Fridge (R)** Ree Drummond is stocking the fridge with some make-ahead dishes for a cocktail party, including Chicken Satay with Peanut Sauce. | **PG** +PIWO12-002+ |

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| 06:30 | **Better Homes And Gardens Summer: Summer Series (R) ’CC’** Karen cooks special fried rice with duck. Ed makes gluten free bread. Tara shows how to make wall jewellery. Dr Harry takes a look at llama therapy. | **G** +BHGS16-007+ |

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| 08:00 | **Guy's Grocery Games: Last Judge Standing Tournament Finale: Judgement Day (R)** Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG** +GUGG15-009+ |

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| 09:00 | **The Grill Dads: Flavor Big, Flavor Deep (R)** The Grill Dads outrageous adventures in eating take them to Jackson, to feast on a tender pork shank that's breaded and deep fried into crispy, juicy goodness. | **PG** +GRIL01-008+ |

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| 09:30 | **The Great Food Truck Race: Battle For The South: The Race Through Savannah (R)** The final two food truck teams arrive in Savannah, and Tyler Florence's first challenge brings the teams out of the food trucks and into a new mobile selling vehicle: pedicabs. | **PG** +GFTR08-006+ |

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| 10:30 | **Mystery Diners: Very Bad Bosses (R)** A waitstaff in California contact Charles to do a reverse sting on their employer, in order to bring their alleged mistreatment to light. | **PG** +MYSD09-003+ |

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| 11:00 | **Mystery Diners: Barrel Of Monkeys (R)** Damian, owner of Doffo Winery in Temecula, Calif., contacts Charles Stiles after noticing missing wine barrels. Mystery Diners Jamie and Kendall go undercover to see which employees are responsible. | **PG** +MYSD09-004+ |

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| 11:30 | **Better Homes And Gardens Summer: Summer Series (R) ’CC’** Karen cooks special fried rice with duck. Ed makes gluten free bread. Tara shows how to make wall jewellery. Dr Harry takes a look at llama therapy. | **G** +BHGS16-007+ |

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| 13:00 | **The Kitchen: Summer Sendoff (R)** Geoffrey Zakarian starts off with his Grilled Lobster and Shrimp Tacos, then Marcela Valladolid and Jeff Mauro show different ways to make summer favorites last all year round.  | **PG** +TKIT14-007+ |

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| 14:00 | **Chopped: Chinese New Year (R)** Cue the fireworks as China's biggest holiday has its moment in the Chopped Kitchen! | **PG** +CHPD27-004+ |

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| 15:00 | **The Great Food Truck Race: Battle For The South: The Race Through Savannah (R)** The final two food truck teams arrive in Savannah, and Tyler Florence's first challenge brings the teams out of the food trucks and into a new mobile selling vehicle: pedicabs. | **PG** +GFTR08-006+ |

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| 16:00 | **Restaurant: Impossible: Mumbo Jumbo (R)** Julio purchased the Mexican restaurant Estrada's six years ago and it has been anything but a fiesta. They are in over $400,000 worth of debt and seriously need Chef Robert Irvine's help. | **PG** +RIMP07-013+ |

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| 17:00 | **Mystery Diners: Deli Drama (R)** Fearing that his new baker is taking artistic license with customer cake orders, Lenny, owner of Lenny's Deli in Los Angeles, asks Charles Stiles to investigate.  | **PG** +MYSD09-001+ |

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| 17:30 | **Mystery Diners: Bowling For Dollars (R)** After hearing complaints about rowdy customers, Bryan, owner of Corbin Bowling Center in Tarzana, Calif., contacts Charles Stiles for help. Mystery Diners Eliot and Kendall go undercover. | **PG** +MYSD09-002+ |

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| 18:00 | **Aussie Barbecue Heroes (R) ’CC’** Aussie Barbecue Heroes pits some of Australia's best barbecuing teams against each other to compete for a grand prize and title of the one true Barbecue Hero. | **PG** +ABBQ01-001+ |

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| 19:00 | **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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| 19:55 | **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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| 20:50 | **Aussie Barbecue Heroes (R) ’CC’** Aussie Barbecue Heroes pits some of Australia's best barbecuing teams against each other to compete for a grand prize and title of the one true Barbecue Hero. | **PG** +ABBQ01-001+ |

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| 21:45 | **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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| 22:40 | **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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| 23:35 | **Aussie Barbecue Heroes (R) ’CC’** Aussie Barbecue Heroes pits some of Australia's best barbecuing teams against each other to compete for a grand prize and title of the one true Barbecue Hero. | **PG** +ABBQ01-001+ |

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

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| 01:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 20 (R) ’CC’** Bridget is on an iconic journey through Queensland's Gulf Savannah country, exploring the natural wonders and visiting Queensland's youngest gorge. | **G** +7QWE19-020+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2019 Ep: 38 (R) ’CC’** Liz puts the pedal to the metal. Roger tweaks his engine to kick things up a gear. Chris meets the man behind Grumpy’s Shed. Fire and Emergency Services and Surf Life Savers share timely advice. | **G** +7CTC19-038+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 34 (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** +GDOT19-034+ |

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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** +HIWA22-021+ |

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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 explores the West MacDonnell Ranges. Rose eats out at two inner city restaurants serving Italian and Indian food.  | **G** +7SWE26-004+ |

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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 2019 Ep: 20 (R) ’CC’** Bridget is on an iconic journey through Queensland's Gulf Savannah country, exploring the natural wonders and visiting Queensland's youngest gorge. | **G** +7QWE19-020+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2019 Ep: 38 (R) ’CC’** Liz puts the pedal to the metal. Roger tweaks his engine to kick things up a gear. Chris meets the man behind Grumpy’s Shed. Fire and Emergency Services and Surf Life Savers share timely advice. | **G** +7CTC19-038+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 34 (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** +GDOT19-034+ |

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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** +HIWA22-021+ |