**Sunday 27 October 2019**

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| 06:00 | **Carnival Kings: What's Your Queso-DILLA, Man? (R)** Richie Farina hits the road to Southern California, where he may have met his match at the San Bernardino County Fair. | **PG** +CKIN01-006+ |

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| 06:30 | **Diners, Drive-Ins And Dives: Ocean Coasts And Great Lakes (R)** Guy Fieri's going from coast to coast and to the Great Lakes to dig up some dynamite dishes. | **PG** +DDID27-004+ |

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| 07:00 | **Guy's Grocery Games: Clash Of The Classics (R)** Guy Fieri turns back the clocks and throws back to the dishes we all grew up on. | **PG** +GUGG15-004+ |

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| 08:00 | **Guy's Big Bite: Guy's New Favorite Burger (R)** Guy Fieri has tasted burgers from coast to coast, and now he's sharing one of his all-time favorites. It's the juicy, cheesy Pimento Cheese Stuffed Burger stacked high with a fried heirloom tomato. | **PG** +GUBB19-003+ |

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| 08:30 | **Taco Trip: Denver (R)** Aaron travels to Denver and eats pork carnitas tacos and Gouda mash at Comida. | **PG** +TACO02-001+ |

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| 09:00 | **Iron Chef America: Symon vs. Izard (R)** Iron Chef Michael Symon faces off against the challenger, Chicago chef Stephanie Izard. | **PG** +ICAM10-005+ |

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| 10:00 | **Iron Chef America: Flay / Valladolid vs. Morimoto / Zimmern (R)** Two Iron Chefs are teamed up with special guests in this battle, using the special ingredient of salmon. | **PG** +ICAM10-006+ |

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| 11:00 | **Carnival Kings: What's Your Queso-DILLA, Man? (R)** Richie Farina hits the road to Southern California, where he may have met his match at the San Bernardino County Fair. | **PG** +CKIN01-006+ |

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| 16:00 | **Iron Chef America: Symon vs. Izard (R)** Iron Chef Michael Symon faces off against the challenger, Chicago chef Stephanie Izard. | **PG** +ICAM10-005+ |

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| 17:00 | **Iron Chef America: Flay / Valladolid vs. Morimoto / Zimmern (R)** Two Iron Chefs are teamed up with special guests in this battle, using the special ingredient of salmon. | **PG** +ICAM10-006+ |

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| 18:00 | **Kid's Baking Championships NEW EPISODE**In the final challenge, the three remaining kid bakers battle it out for the title of Kids Baking Champion while making spring break-themed cakes. Which baker will emerge the winner? | **G** +KBAC02-008+ |

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| 19:00 | **Ridiculous Cakes: Fairy Cakes Can Come True (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** +RICA01-010+ |

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| 19:30 | **Ridiculous Cakes: This Cake Packs A Punch (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** +RICA01-011+ |

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| 20:00 | **Reality Cupcakes: Dirt, Grease And Cupcakes NEW EPISODE**Ashley Foxen and the gang serve up a 1950s greaser party complete with milkshake cupcakes. | **PG** +RCUP01-009+ |

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| 20:30 | **My France With Manu: Brittany (R) ’CC’** Manu Feildel takes us home to the French province of Brittany and shares his story. He visits his mother in Guidel, relives his first apprenticeship and cooks with his Uncle at his charcuterie. | **PG** +MANU-001+ |

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| 21:30 | **Cupcake Wars: Cupcake Champions: Spider-Man, Turn Off The Dark (R)** Previous Cupcake Wars winners begin vying for the title of Cupcake Champion by creating cupcakes, inspired by Spider-Man. | **PG** +CUPW06-001+ |

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| 22:30 | **Cake Wars: Emoji (R)** It's the most expressive episode of Cake Wars ever as four talented cake artists compete to take their cake creation to a party celebrating everyone's favorite little icons... Emoji! | **PG** +CAKW03-005+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2019 Ep: 15 (R) ’CC’** Scotty is caravanning from Townville to Port Douglas, along the way meeting great people, discovering amazing food and exploring stunning locations. | **G** +7CTC19-015+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 15 (R) ’CC’** Today the team is tasting their way around Queensland. | **G** +GDOT19-015+ |

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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** +HIWA21-008+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike makes a splash at the Sydney International Boat Show. Mel heads to the Whitsundays to check out the Daydream Island Resort. Lizzy checks out Tumut.  | **G** +7SWE26-025+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-007+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 40 (R) ’CC’** Victoria is on the ultimate eco experience. | **G** +7QWE18-040+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2019 Ep: 15 (R) ’CC’** Scotty is caravanning from Townville to Port Douglas, along the way meeting great people, discovering amazing food and exploring stunning locations. | **G** +7CTC19-015+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 15 (R) ’CC’** Today the team is tasting their way around Queensland. | **G** +GDOT19-015+ |

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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** +HIWA21-008+ |

 **Monday 28 October 2019**

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| 06:00 | **Cake Wars: Emoji (R)** It's the most expressive episode of Cake Wars ever as four talented cake artists compete to take their cake creation to a party celebrating everyone's favorite little icons... Emoji! | **PG** +CAKW03-005+ |

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| 07:00 | **Ridiculous Cakes: Fairy Cakes Can Come True (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** +RICA01-010+ |

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| 07:30 | **Ridiculous Cakes: This Cake Packs A Punch (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** +RICA01-011+ |

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| 08:00 | **Reality Cupcakes: Dirt, Grease And Cupcakes (R)** Ashley Foxen and the gang serve up a 1950s greaser party complete with milkshake cupcakes. | **PG** +RCUP01-009+ |

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| 08:30 | **Kid's Baking Championships (R)** In the final challenge, the three remaining kid bakers battle it out for the title of Kids Baking Champion while making spring break-themed cakes. Which baker will emerge the winner? | **G** +KBAC02-008+ |

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| 09:30 | **Cupcake Wars: Cupcake Champions: Spider-Man, Turn Off The Dark (R)** Previous Cupcake Wars winners begin vying for the title of Cupcake Champion by creating cupcakes, inspired by Spider-Man. | **PG** +CUPW06-001+ |

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| 10:30 | **Better Homes And Gardens (R) ’CC’** Joh takes in the sights and landscapes of Broome with Bart Pigram. Adam shows off some storage solutions for the kitchen. Karen makes an apple frangipane tart. | **G** +BHAG25-039+ |

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| 12:00 | **Cake Wars: Emoji (R)** It's the most expressive episode of Cake Wars ever as four talented cake artists compete to take their cake creation to a party celebrating everyone's favorite little icons... Emoji! | **PG** +CAKW03-005+ |

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| 13:00 | **Kid's Baking Championships (R)** In the final challenge, the three remaining kid bakers battle it out for the title of Kids Baking Champion while making spring break-themed cakes. Which baker will emerge the winner? | **G** +KBAC02-008+ |

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| 15:00 | **Reality Cupcakes: Dirt, Grease And Cupcakes (R)** Ashley Foxen and the gang serve up a 1950s greaser party complete with milkshake cupcakes. | **PG** +RCUP01-009+ |

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| 15:30 | **The Pioneer Woman: Chicken, Chicken, Chicken (R)** Ree Drummond is cooking up a storm with chicken, chicken and more chicken. She demonstrates the benefits of bulk buying with three fantastic dishes. | **PG** +PIWO13-013+ |

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

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| 17:00 | **Giada At Home: Diner Favorites (R)** Giada De Laurentiis puts an elegant spin on the classic burger, fries and shakes combo. In the kitchen she creates Giada's Diner Burger with the works. | **PG** +GIHO06-005+ |

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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: Chopped: Beat Bobby Flay, Pt. 3 (R)** The returning winners struggle to keep track of all four ingredients for the first round; a giant piece of meat and some tasty little dried fruit make up the entree round's ingredients. | **PG** +CHPD31-007+ |

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| 19:30 | **Gordon, Gino And Fred: The Ultimate Roadtrip (R) ’CC’** The trio head to Scotland as Gordon prepares to cook a feast for the chief of Clan Ramsay and his esteemed friends.  | **M (L)**+GGAF01-003+ |

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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)**+HEKI12-004+ |

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| 21:30 | **Hell's Kitchen USA ’CC’ NEW EPISODE**World renowned chef Gordon Ramsay puts aspiring young chefs through rigorous cooking challenges and dinner services at his restaurant in Hollywood. | **M (L)**+HEKI12-005+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-008+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 40 (R) ’CC’** Victoria is on the ultimate eco experience. | **G** +7QWE18-040+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2019 Ep: 16 (R) ’CC’** Roger has his pedal to the metal. Olivia is swimming with seals. Sally is on the road and in the kitchen, while Scotty is aboard the Big T in South Australia learning to pole tuna. | **G** +7CTC19-016+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 16 (R) ’CC’** Luke discovers what's shaking at the Cooly Rocks On Nostalgia Festival. Nova funny man Luttsy shares his Great Day Out, while Tamsyn is on a pet friendly weekend away. | **G** +GDOT19-016+ |

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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** +HIWA21-009+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike hits the road for the Southern Highlands. Karen checks out Muriel's Wedding -The Musical. Erica finds an art lovers quintessential getaway in Canberra. | **G** +7SWE26-026+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-008+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 41 (R) ’CC’** Chris is in a region that has it all rainforest, reef, adventure and an island with more white sandy beaches than any in the Whitsundays. | **G** +7QWE18-041+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2019 Ep: 16 (R) ’CC’** Roger has his pedal to the metal. Olivia is swimming with seals. Sally is on the road and in the kitchen, while Scotty is aboard the Big T in South Australia learning to pole tuna. | **G** +7CTC19-016+ |

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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** +HIWA21-009+ |

 **Tuesday 29 October 2019**

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| 06:00 | **Queensland Weekender: Queensland Weekender 41 (R) ’CC’** Chris is in a region that has it all rainforest, reef, adventure and an island with more white sandy beaches than any in the Whitsundays. | **G** +7QWE18-041+ |

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| 06:30 | **Easy Chinese: Little Taiwan (R)** Ching-He Huang discovers the food from her youth at Monterey Park's Little Taiwan and explores what makes Taiwanese food distinct from other forms of Chinese cuisine. | **PG** +EACH02-005+ |

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| 07:00 | **The Pioneer Woman: Chicken, Chicken, Chicken (R)** Ree Drummond is cooking up a storm with chicken, chicken and more chicken. She demonstrates the benefits of bulk buying with three fantastic dishes. | **PG** +PIWO13-013+ |

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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 | **Rachael Ray's Week In A Day: Prepare Yourself (R)** Use one recipe to get a head start on a week's worth of food. | **PG** +WIAD03-002+ |

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| 09:30 | **Giada At Home: Diner Favorites (R)** Giada De Laurentiis puts an elegant spin on the classic burger, fries and shakes combo. In the kitchen she creates Giada's Diner Burger with the works. | **PG** +GIHO06-005+ |

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| 10:00 | **Easy Chinese: Little Taiwan (R)** Ching-He Huang discovers the food from her youth at Monterey Park's Little Taiwan and explores what makes Taiwanese food distinct from other forms of Chinese cuisine. | **PG** +EACH02-005+ |

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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: Chopped: Beat Bobby Flay, Pt. 3 (R)** The returning winners struggle to keep track of all four ingredients for the first round; a giant piece of meat and some tasty little dried fruit make up the entree round's ingredients. | **PG** +CHPD31-007+ |

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| 14:00 | **Giada At Home: Diner Favorites (R)** Giada De Laurentiis puts an elegant spin on the classic burger, fries and shakes combo. In the kitchen she creates Giada's Diner Burger with the works. | **PG** +GIHO06-005+ |

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| 15:30 | **Better Homes And Gardens (R) ’CC’** Joh and Karen travel to the heart of London to visit Covent Garden. Adam turns a workshop benchtop into a work of art. Ed makes barbecue migas. Dr Harry helps a family with destructive parrots.  | **G** +BHAG25-037+ |

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| 16:30 | **Barefoot Contessa: Training Day Dinner (R)** The East Hampton ambulance volunteers meet once a month for a cookout to feed its 50 volunteers and Ina's pitching in with the help of local chef Joe Realmuto from Townline BBQ. | **PG** +BARE07-001+ |

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| 17:00 | **Giada At Home: Ghoulish Goodies (R)** It's Halloween and Giada De Laurentiis is creating spooky treats for the kids to enjoy at her festive backyard party. | **PG** +GIHO06-006+ |

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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: Hearty Party (R)** The chefs unveil a Cajun specialty in the first basket that is "offal-y" special.  | **PG** +CHPD31-008+ |

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| 19:30 | **Mystery Diners: Promotion Sabotage (R)** When Isabel and Todd, owners of Barrio Star in San Diego, have a dispute over which waiter to promote to manager, they contact Charles Stiles to mediate. | **PG** +MYSD07-003+ |

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| 20:00 | **Mystery Diners: Dueling Food Trucks (R)** Owners of rival food trucks work together to investigate revenue loss in both of their vehicles. | **PG** +MYSD07-004+ |

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| 20:30 | **Restaurant: Impossible: Rising Sun Bistro (R)** The French-themed Rising Sun Bistro in Kalispell, Mont., is facing a mountain of problems: A chaotic kitchen, an uninspired decor, $500,000 worth of debt and owners who can't stand each other.  | **PG** +RIMP05-004+ |

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| 21:30 | **Restaurant: Impossible: Whiskey Creek Steakhouse (R)** Pat and Karan, owners of the Whiskey Creek Steakhouse in Keyport, Wash., have lost nearly everything in the 20 years their restaurant has been open. | **PG** +RIMP05-005+ |

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| 22:30 | **Mystery Diners: Promotion Sabotage (R)** When Isabel and Todd, owners of Barrio Star in San Diego, have a dispute over which waiter to promote to manager, they contact Charles Stiles to mediate. | **PG** +MYSD07-003+ |

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| 23:00 | **Mystery Diners: Dueling Food Trucks (R)** Owners of rival food trucks work together to investigate revenue loss in both of their vehicles. | **PG** +MYSD07-004+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-009+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 41 (R) ’CC’** Chris is in a region that has it all rainforest, reef, adventure and an island with more white sandy beaches than any in the Whitsundays. | **G** +7QWE18-041+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2019 Ep: 17 (R) ’CC’** Scotty and Olivia tick off South Australia's must catch on this extraordinary fishing trip to Port Lincoln. If you love fishing you are going to love this episode. | **G** +7CTC19-017+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 17 (R) ’CC’** Jess uncovers the Tweed Valley's hidden gems. Karni has found a wheelchair accessible BBQ boat. Jillian gets the adrenaline rushing at Willowbank and Tamsyn discovers what is new at The Big Pineapple. | **G** +GDOT19-017+ |

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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** +HIWA21-010+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike explores the northern beaches in a luxury car, boat and accommodation. Matt visits Luna Park. Lizzy takes in a view of Antarctica from the air. Lizzy checks out Annandale. | **G** +7SWE26-027+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-009+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 42 (R) ’CC’** Olivia heads offshore, Lee explores Australia's most stunning stretch of sand by horseback while Bridget visits an island that is like something out of Jurassic Park. | **G** +7QWE18-042+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2019 Ep: 17 (R) ’CC’** Scotty and Olivia tick off South Australia's must catch on this extraordinary fishing trip to Port Lincoln. If you love fishing you are going to love this episode. | **G** +7CTC19-017+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 17 (R) ’CC’** Jess uncovers the Tweed Valley's hidden gems. Karni has found a wheelchair accessible BBQ boat. Jillian gets the adrenaline rushing at Willowbank and Tamsyn discovers what is new at The Big Pineapple. | **G** +GDOT19-017+ |

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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** +HIWA21-010+ |

 **Wednesday 30 October 2019**

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| 06:00 | **Restaurant: Impossible: Rising Sun Bistro (R)** The French-themed Rising Sun Bistro in Kalispell, Mont., is facing a mountain of problems: A chaotic kitchen, an uninspired decor, $500,000 worth of debt and owners who can't stand each other.  | **PG** +RIMP05-004+ |

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| 07:00 | **Barefoot Contessa: Training Day Dinner (R)** The East Hampton ambulance volunteers meet once a month for a cookout to feed its 50 volunteers and Ina's pitching in with the help of local chef Joe Realmuto from Townline BBQ. | **PG** +BARE07-001+ |

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| 07:30 | **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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| 08:30 | **Restaurant: Impossible: Whiskey Creek Steakhouse (R)** Pat and Karan, owners of the Whiskey Creek Steakhouse in Keyport, Wash., have lost nearly everything in the 20 years their restaurant has been open. | **PG** +RIMP05-005+ |

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| 09:30 | **Giada At Home: Ghoulish Goodies (R)** It's Halloween and Giada De Laurentiis is creating spooky treats for the kids to enjoy at her festive backyard party. | **PG** +GIHO06-006+ |

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| 10:00 | **Easy Chinese: The Chinese Holy Trinity: Garlic, Ginger And Chiles (R)** Aromatics take center stage as Ching-He Huang shows you the superstar ingredients behind every Chinese staple. | **PG** +EACH02-006+ |

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| 10:30 | **Barefoot Contessa: Training Day Dinner (R)** The East Hampton ambulance volunteers meet once a month for a cookout to feed its 50 volunteers and Ina's pitching in with the help of local chef Joe Realmuto from Townline BBQ. | **PG** +BARE07-001+ |

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| 11:00 | **Restaurant: Impossible: Rising Sun Bistro (R)** The French-themed Rising Sun Bistro in Kalispell, Mont., is facing a mountain of problems: A chaotic kitchen, an uninspired decor, $500,000 worth of debt and owners who can't stand each other.  | **PG** +RIMP05-004+ |

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| 12:00 | **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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| 13:00 | **Chopped: Hearty Party (R)** The chefs unveil a Cajun specialty in the first basket that is "offal-y" special.  | **PG** +CHPD31-008+ |

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| 14:00 | **Giada At Home: Ghoulish Goodies (R)** It's Halloween and Giada De Laurentiis is creating spooky treats for the kids to enjoy at her festive backyard party. | **PG** +GIHO06-006+ |

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| 14:30 | **Restaurant: Impossible: Whiskey Creek Steakhouse (R)** Pat and Karan, owners of the Whiskey Creek Steakhouse in Keyport, Wash., have lost nearly everything in the 20 years their restaurant has been open. | **PG** +RIMP05-005+ |

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| 15:30 | **Mystery Diners: Promotion Sabotage (R)** When Isabel and Todd, owners of Barrio Star in San Diego, have a dispute over which waiter to promote to manager, they contact Charles Stiles to mediate. | **PG** +MYSD07-003+ |

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| 16:00 | **Mystery Diners: Dueling Food Trucks (R)** Owners of rival food trucks work together to investigate revenue loss in both of their vehicles. | **PG** +MYSD07-004+ |

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| 16:30 | **Barefoot Contessa: Barefoot Bistro (R)** This is French food made easy. Ina is demystifying the classics, offering tips and techniques to get French flavor fast: There are ideas for French table setting! | **PG** +BARE07-002+ |

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| 17:00 | **Giada At Home: Casino Night (R)** Giada De Laurentiis and her husband Todd host a glamorous casino night party inspired by Giada's recent trip to Monte Carlo. | **PG** +GIHO06-007+ |

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| 17:30 | **The Kitchen: Hot New Tricks (R)** The Kitchen shares the hottest new tips and tricks for summer cooking with Jeff Mauro's BBQ Beer Can Burger and Katie Lee's Gnocchi Pesto Pasta Salad. | **PG** +TKIT14-008+ |

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| 18:30 | **Chopped: Chopped: Beat Bobby Flay, Finale (R)** The $40,000 title fight finale; the three undefeated champs must make appetizers with camel meat and a strange sauce; an especially difficult entree round. | **PG** +CHPD31-009+ |

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| 19:30 | **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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| 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: Rococo (R) ’CC’** Gordon finds a chef caught in a time warp when he tackles a picturesque but largely unfrequented upmarket restaurant in King's Lynn, a traditional market town on the Norfolk coast.  | **MA (L)**+RAKN03-003+ |

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| 22:30 | **Mystery Diners: Trademark Trouble (R)** A San Diego restaurant owner fears that someone within his organization is trying to steal his signature sandwich. | **PG** +MYSD07-005+ |

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| 23:00 | **Mystery Diners: Customer Concerns (R)** The owner of "730 South" in Denver, worries that his regular customers are guilty of acting entitled and asks Charles and the team to get to the bottom of the problem. | **PG** +MYSD07-006+ |

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| 23:30 | **Chopped: Chopped: Beat Bobby Flay, Finale (R)** The $40,000 title fight finale; the three undefeated champs must make appetizers with camel meat and a strange sauce; an especially difficult entree round. | **PG** +CHPD31-009+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-010+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 42 (R) ’CC’** Olivia heads offshore, Lee explores Australia's most stunning stretch of sand by horseback while Bridget visits an island that is like something out of Jurassic Park. | **G** +7QWE18-042+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2019 Ep: 18 (R) ’CC’** Olivia continues her South Australian odyssey. Andrew whips up whiting on a Weber. Liz is mucking about on the water, while Scotty surprises the winner of the BCF Facebook competition. | **G** +7CTC19-018+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 18 (R) ’CC’** Winter time is Eat Local Week time in the Scenic Rim. So this week is all about food. Jess visits a sixth generation dairy farm, while Alastair gets a taste of a few of the Eat Local Week events. | **G** +GDOT19-018+ |

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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** +HIWA21-011+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike takes part in a French cooking class in Bungendore. Mel hits up Hervey Bay. Lizzy checks out NSW Transport at Castle Hill. Erica sets sail aboard the Majestic Princess.  | **G** +7SWE26-028+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-010+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 43 (R) ’CC’** Bridget is on a journey through tropical north Queensland in celebration of Indigenous culture. | **G** +7QWE18-043+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2019 Ep: 18 (R) ’CC’** Olivia continues her South Australian odyssey. Andrew whips up whiting on a Weber. Liz is mucking about on the water, while Scotty surprises the winner of the BCF Facebook competition. | **G** +7CTC19-018+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 18 (R) ’CC’** Winter time is Eat Local Week time in the Scenic Rim. So this week is all about food. Jess visits a sixth generation dairy farm, while Alastair gets a taste of a few of the Eat Local Week events. | **G** +GDOT19-018+ |

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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** +HIWA21-011+ |

 **Thursday 31 October 2019**

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| 06:00 | **Queensland Weekender: Queensland Weekender 43 (R) ’CC’** Bridget is on a journey through tropical north Queensland in celebration of Indigenous culture. | **G** +7QWE18-043+ |

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| 06:30 | **Easy Chinese: Use Your Noodle (R)** The almighty Chinese noodle gets the red-carpet treatment as Ching-He Huang explores the variety of Chinese noodles and how they are used. | **PG** +EACH02-007+ |

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| 07:00 | **Barefoot Contessa: Barefoot Bistro (R)** This is French food made easy. Ina is demystifying the classics, offering tips and techniques to get French flavor fast: There are ideas for French table setting! | **PG** +BARE07-002+ |

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| 07:30 | **The Kitchen: Hot New Tricks (R)** The Kitchen shares the hottest new tips and tricks for summer cooking with Jeff Mauro's BBQ Beer Can Burger and Katie Lee's Gnocchi Pesto Pasta Salad. | **PG** +TKIT14-008+ |

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| 08:30 | **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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| 09:30 | **Giada At Home: Casino Night (R)** Giada De Laurentiis and her husband Todd host a glamorous casino night party inspired by Giada's recent trip to Monte Carlo. | **PG** +GIHO06-007+ |

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| 10:00 | **Easy Chinese: Use Your Noodle (R)** The almighty Chinese noodle gets the red-carpet treatment as Ching-He Huang explores the variety of Chinese noodles and how they are used. | **PG** +EACH02-007+ |

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| 10:30 | **Barefoot Contessa: Barefoot Bistro (R)** This is French food made easy. Ina is demystifying the classics, offering tips and techniques to get French flavor fast: There are ideas for French table setting! | **PG** +BARE07-002+ |

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| 11:00 | **Mystery Diners: Trademark Trouble (R)** A San Diego restaurant owner fears that someone within his organization is trying to steal his signature sandwich. | **PG** +MYSD07-005+ |

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| 11:30 | **Mystery Diners: Customer Concerns (R)** The owner of "730 South" in Denver, worries that his regular customers are guilty of acting entitled and asks Charles and the team to get to the bottom of the problem. | **PG** +MYSD07-006+ |

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| 12:00 | **The Kitchen: Hot New Tricks (R)** The Kitchen shares the hottest new tips and tricks for summer cooking with Jeff Mauro's BBQ Beer Can Burger and Katie Lee's Gnocchi Pesto Pasta Salad. | **PG** +TKIT14-008+ |

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| 13:00 | **Chopped: Chopped: Beat Bobby Flay, Finale (R)** The $40,000 title fight finale; the three undefeated champs must make appetizers with camel meat and a strange sauce; an especially difficult entree round. | **PG** +CHPD31-009+ |

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| 14:00 | **Giada At Home: Casino Night (R)** Giada De Laurentiis and her husband Todd host a glamorous casino night party inspired by Giada's recent trip to Monte Carlo. | **PG** +GIHO06-007+ |

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| 14:30 | **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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| 15:30 | **Mystery Diners: Trademark Trouble (R)** A San Diego restaurant owner fears that someone within his organization is trying to steal his signature sandwich. | **PG** +MYSD07-005+ |

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| 16:00 | **Mystery Diners: Customer Concerns (R)** The owner of "730 South" in Denver, worries that his regular customers are guilty of acting entitled and asks Charles and the team to get to the bottom of the problem. | **PG** +MYSD07-006+ |

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| 16:30 | **Barefoot Contessa: Fruit All Ways (R)** Sweet and savory, this is fruit all the way and anything goes. Ina is pushing the fruit boundaries by shaking up the classics, getting the scoop on fruit desserts like French Nougatine. | **PG** +BARE07-003+ |

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| 17:00 | **Giada At Home: Thanksgiving Leftovers (R)** What do you do with all the Thanksgiving leftovers? Giada De Laurentiis takes some of the traditional favorites and makes fun new twists to enjoy after the holiday. | **PG** +GIHO06-008+ |

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| 17:30 | **The Kitchen: Fast And Flavorful (R)** Fall into autumn with The Kitchen's fast and flavorful recipes. Marcela Valladolid's Mexican Chorizo Meatloaf is her twist on one of Food Network's most searched-for dishes. | **PG** +TKIT14-009+ |

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| 18:30 | **Chopped: Battle Of The Butchers (R)** Chopped brings butchers to the stoves to show what practiced protein pros can do! | **PG** +CHPD31-010+ |

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| 19:30 | **Ramsay's Hotel Hell: River Rock (R) ’CC’** A run-down Pennsylvania hotel needs to be cleaned of dead bugs and stained bedspreads. Starring:GORDON RAMSAY | **M (L)**+HELL01-003+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: Morgans (R) ’CC’** Gordon grapples with girl power when he takes on an intimate family-run restaurant in the heart of WAG territory near Liverpool.  | **MA (L)**+RAKN03-004+ |

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| 21:30 | **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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| 22:30 | **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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| 23:30 | **Chopped: Battle Of The Butchers (R)** Chopped brings butchers to the stoves to show what practiced protein pros can do! | **PG** +CHPD31-010+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-011+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 43 (R) ’CC’** Bridget is on a journey through tropical north Queensland in celebration of Indigenous culture. | **G** +7QWE18-043+ |

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| 01:30 | **Creek To Coast (R) ’CC’** It is a special episode of Creek to Coast, Roothy's beloved Milo is on her last hurrah before she retires to the easy days in South Australia's National Motor Museum. | **G** +7CTC19-019+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 19 (R) ’CC’** Jillian is discovering hidden treasures just over the border. Jamie Durie shows his artistic side, while radio announcer Bianca Dye shares her Great Day Out. | **G** +GDOT19-019+ |

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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** +HIWA21-012+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike checks out Lightning Ridge. Lizzy discovers the vibrant shopping of Orange. Erica stops by NRMA Bathurst Panorama Holiday Park to check out this historic town and its growing foodie scene. | **G** +7SWE26-029+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-011+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 44 (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** +7QWE18-044+ |

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| 04:30 | **Creek To Coast (R) ’CC’** It is a special episode of Creek to Coast, Roothy's beloved Milo is on her last hurrah before she retires to the easy days in South Australia's National Motor Museum. | **G** +7CTC19-019+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 19 (R) ’CC’** Jillian is discovering hidden treasures just over the border. Jamie Durie shows his artistic side, while radio announcer Bianca Dye shares her Great Day Out. | **G** +GDOT19-019+ |

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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** +HIWA21-012+ |

 **Friday 01 November 2019**

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| 06:00 | **Queensland Weekender: Queensland Weekender 44 (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** +7QWE18-044+ |

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| 06:30 | **Easy Chinese: The Chinese Like It Hotter (R)** When it comes to spicy food, Chinese food is often not thought of as being part of the conversation. Ching-He Huang wants to change this perception. | **PG** +EACH02-008+ |

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| 07:00 | **Barefoot Contessa: Fruit All Ways (R)** Sweet and savory, this is fruit all the way and anything goes. Ina is pushing the fruit boundaries by shaking up the classics, getting the scoop on fruit desserts like French Nougatine. | **PG** +BARE07-003+ |

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| 07:30 | **The Kitchen: Fast And Flavorful (R)** Fall into autumn with The Kitchen's fast and flavorful recipes. Marcela Valladolid's Mexican Chorizo Meatloaf is her twist on one of Food Network's most searched-for dishes. | **PG** +TKIT14-009+ |

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| 08:30 | **Rachael Ray's Week In A Day: Meatlovers' Lane (R)** A whole week's worth of meals that no meat lover can resist. | **PG** +WIAD03-003+ |

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| 09:30 | **Giada At Home: Thanksgiving Leftovers (R)** What do you do with all the Thanksgiving leftovers? Giada De Laurentiis takes some of the traditional favorites and makes fun new twists to enjoy after the holiday. | **PG** +GIHO06-008+ |

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| 10:00 | **Easy Chinese: The Chinese Like It Hotter (R)** When it comes to spicy food, Chinese food is often not thought of as being part of the conversation. Ching-He Huang wants to change this perception. | **PG** +EACH02-008+ |

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| 10:30 | **Barefoot Contessa: Fruit All Ways (R)** Sweet and savory, this is fruit all the way and anything goes. Ina is pushing the fruit boundaries by shaking up the classics, getting the scoop on fruit desserts like French Nougatine. | **PG** +BARE07-003+ |

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| 11:00 | **Rachael Ray's Week In A Day: Meatlovers' Lane (R)** A whole week's worth of meals that no meat lover can resist. | **PG** +WIAD03-003+ |

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| 12:00 | **The Kitchen: Fast And Flavorful (R)** Fall into autumn with The Kitchen's fast and flavorful recipes. Marcela Valladolid's Mexican Chorizo Meatloaf is her twist on one of Food Network's most searched-for dishes. | **PG** +TKIT14-009+ |

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| 13:00 | **Chopped: Battle Of The Butchers (R)** Chopped brings butchers to the stoves to show what practiced protein pros can do! | **PG** +CHPD31-010+ |

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| 14:00 | **Giada At Home: Thanksgiving Leftovers (R)** What do you do with all the Thanksgiving leftovers? Giada De Laurentiis takes some of the traditional favorites and makes fun new twists to enjoy after the holiday. | **PG** +GIHO06-008+ |

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| 14:30 | **Rachael Ray's Week In A Day: Meatlovers' Lane (R)** A whole week's worth of meals that no meat lover can resist. | **PG** +WIAD03-003+ |

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| 15:30 | **Giada At Home: Gifts Galore (R)** The perfect way to thank a host or hostess is with a homemade treat. Giada De Laurentiis makes a handful of easy and delicious recipes that can be taken to any party. | **PG** +GIHO06-009+ |

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| 16:00 | **Barefoot Contessa: Italian at Home (R)** Inspired by a recent trip to Florence, Ina is re-creating a fabulous Florentine feast for friends back home in East Hampton. There's a mozzarella master class with a local cheese maker! | **PG** +BARE07-004+ |

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

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| 17:30 | **The Kitchen: Quick And Easy Fall Favorites (R)** Get a taste of all the flavors of fall with The Kitchen's quick and easy meals. Katie Lee whips up Weeknight Chicken Chili, and Jeff Mauro throws together his Seasonal Fall Stir Fry. | **PG** +TKIT14-010+ |

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| 18:30 | **Chopped: Beast Feast (R)** The competitors face off in a protein-packed battle, even featuring some fierce ingredients that are too big for the baskets. | **PG** +CHPD31-011+ |

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| 19:30 | **Restaurant: Impossible: No Day At The Beach (R)** When Chef Robert meets Jordan, the self-described stubborn owner of the Portu-Greek Cafe in Hudson, he knows that he's in for a challenge. | **PG** +RIMP08-013+ |

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| 20:30 | **Mystery Diners: Heavy Metal Mess (R)** The owners of the "Toad Tavern" in Colorado, are concerned that their son and his band mates are too focused on getting their music careers and are letting their responsibilities slide. | **PG** +MYSD07-007+ |

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| 21:00 | **Mystery Diners: Vicious Cycle (R)** A bicycle delivery service is investigated by Charles and the team, after the owner of "Sliceworks" in Denver notices a decrease in sales and an increase in complaints. | **PG** +MYSD07-008+ |

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| 21:30 | **Mystery Diners: Secret Pairings (R)** Food costs are a concern for the owners of "Indulge Bistro and Wine Bar" in Colorado, who discover that some of their employees are hosting their own secret pairing events. | **PG** +MYSD07-009+ |

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| 22:00 | **Mystery Diners: Vintage Scams (R)** A dip in sales at "Rock-a-Billies" in Arvada, Colorado, is investigated by Charles and the team, who discover the restaurant staff is breaking multiple rules. | **PG** +MYSD07-010+ |

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| 22:30 | **Restaurant: Impossible: No Day At The Beach (R)** When Chef Robert meets Jordan, the self-described stubborn owner of the Portu-Greek Cafe in Hudson, he knows that he's in for a challenge. | **PG** +RIMP08-013+ |

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| 23:30 | **Chopped: Beast Feast (R)** The competitors face off in a protein-packed battle, even featuring some fierce ingredients that are too big for the baskets. | **PG** +CHPD31-011+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-012+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 44 (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** +7QWE18-044+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2019 Ep: 20 (R) ’CC’** Roger is off road with a newly recruited four wheel drive adventurer. Scotty is taking a few Creek Catch members fishing, while Olivia is riding in a rust bucket, all for a good cause. | **G** +7CTC19-020+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 20 (R) ’CC’** School holidays are just around the corner and the team have ideas to keep the kids active, healthy and entertained. | **G** +GDOT19-020+ |

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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** +HIWA21-013+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike has a whale of a time in Byron Bay. Mel enjoys the beauty of Fraser Island. Erica unwinds in Nelson Bay. Karne checks out the Sydney 4WD & Adventure Show. | **G** +7SWE26-030+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-012+ |

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| 04:00 | **Queensland Weekender: 2018 Ep: 45 (R) ’CC’** Kay is on an epic journey across the Gulf Savannah. It's remote, remarkable and full of surprises. | **G** +7QWE18-045+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2019 Ep: 20 (R) ’CC’** Roger is off road with a newly recruited four wheel drive adventurer. Scotty is taking a few Creek Catch members fishing, while Olivia is riding in a rust bucket, all for a good cause. | **G** +7CTC19-020+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 20 (R) ’CC’** School holidays are just around the corner and the team have ideas to keep the kids active, healthy and entertained. | **G** +GDOT19-020+ |

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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** +HIWA21-013+ |

 **Saturday 02 November 2019**

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| 06:00 | **Barefoot Contessa: Italian at Home (R)** Inspired by a recent trip to Florence, Ina is re-creating a fabulous Florentine feast for friends back home in East Hampton. There's a mozzarella master class with a local cheese maker! | **PG** +BARE07-004+ |

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| 06:30 | **Better Homes And Gardens (R) ’CC’** Joh takes in the sights and landscapes of Broome with Bart Pigram. Adam shows off some storage solutions for the kitchen. Karen makes an apple frangipane tart. | **G** +BHAG25-039+ |

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| 08:00 | **Big Food Truck Tip: Truckin' In The Twin Cities (R)** Andrew Zimmern travels across the US to find food truck entrepreneurs who love sharing their culinary creations with the public. | **PG** +BIFT01-001+ |

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| 08:30 | **Big Food Truck Tip: Birmingham's Southern Fried Food Trucks (R)** Andrew Zimmern travels across the US to find food truck entrepreneurs who love sharing their culinary creations with the public. | **PG** +BIFT01-002+ |

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| 09:00 | **TBA:**  | ++ |

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| 09:30 | **TBA:**  | ++ |

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| 10:00 | **Mystery Diners: Heavy Metal Mess (R)** The owners of the "Toad Tavern" in Colorado, are concerned that their son and his band mates are too focused on getting their music careers and are letting their responsibilities slide. | **PG** +MYSD07-007+ |

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| 10:30 | **Mystery Diners: Vicious Cycle (R)** A bicycle delivery service is investigated by Charles and the team, after the owner of "Sliceworks" in Denver notices a decrease in sales and an increase in complaints. | **PG** +MYSD07-008+ |

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| 11:00 | **Mystery Diners: Secret Pairings (R)** Food costs are a concern for the owners of "Indulge Bistro and Wine Bar" in Colorado, who discover that some of their employees are hosting their own secret pairing events. | **PG** +MYSD07-009+ |

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| 11:30 | **Mystery Diners: Vintage Scams (R)** A dip in sales at "Rock-a-Billies" in Arvada, Colorado, is investigated by Charles and the team, who discover the restaurant staff is breaking multiple rules. | **PG** +MYSD07-010+ |

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| 12:00 | **Chopped: Beast Feast (R)** The competitors face off in a protein-packed battle, even featuring some fierce ingredients that are too big for the baskets. | **PG** +CHPD31-011+ |

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| 13:00 | **Giada At Home: Gifts Galore (R)** The perfect way to thank a host or hostess is with a homemade treat. Giada De Laurentiis makes a handful of easy and delicious recipes that can be taken to any party. | **PG** +GIHO06-009+ |

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| 13:30 | **Barefoot Contessa: Italian at Home (R)** Inspired by a recent trip to Florence, Ina is re-creating a fabulous Florentine feast for friends back home in East Hampton. There's a mozzarella master class with a local cheese maker! | **PG** +BARE07-004+ |

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| 14:00 | **Big Food Truck Tip: Truckin' In The Twin Cities (R)** Andrew Zimmern travels across the US to find food truck entrepreneurs who love sharing their culinary creations with the public. | **PG** +BIFT01-001+ |

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| 14:30 | **Big Food Truck Tip: Birmingham's Southern Fried Food Trucks (R)** Andrew Zimmern travels across the US to find food truck entrepreneurs who love sharing their culinary creations with the public. | **PG** +BIFT01-002+ |

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| 15:00 | **TBA:**  | ++ |

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| 15:30 | **TBA:**  | ++ |

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| 16:00 | **Restaurant: Impossible: No Day At The Beach (R)** When Chef Robert meets Jordan, the self-described stubborn owner of the Portu-Greek Cafe in Hudson, he knows that he's in for a challenge. | **PG** +RIMP08-013+ |

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| 17:00 | **Mystery Diners: Heavy Metal Mess (R)** The owners of the "Toad Tavern" in Colorado, are concerned that their son and his band mates are too focused on getting their music careers and are letting their responsibilities slide. | **PG** +MYSD07-007+ |

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| 17:30 | **Mystery Diners: Vicious Cycle (R)** A bicycle delivery service is investigated by Charles and the team, after the owner of "Sliceworks" in Denver notices a decrease in sales and an increase in complaints. | **PG** +MYSD07-008+ |

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| 18:00 | **Mystery Diners: Secret Pairings (R)** Food costs are a concern for the owners of "Indulge Bistro and Wine Bar" in Colorado, who discover that some of their employees are hosting their own secret pairing events. | **PG** +MYSD07-009+ |

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| 18:30 | **Mystery Diners: Vintage Scams (R)** A dip in sales at "Rock-a-Billies" in Arvada, Colorado, is investigated by Charles and the team, who discover the restaurant staff is breaking multiple rules. | **PG** +MYSD07-010+ |

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| 19:00 | **My France With Manu: The Pyrenees - Part 2 (R) ’CC’** Manu is back in France, taking you to Pyrenees, the place where garlic meets chilli, where France meets Spain. Explore a land of medieval castles where knights battled and ladies hit their mark. | **PG** +MANU03-002+ |

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| 20:00 | **My Ireland With Colin (R) ’CC’** Dublin born chef and restauranteur Colin Fassnidge returns home to discover the changing face of food in Ireland, heading off on a culinary tour of Ireland's most beautiful food producing areas. | **G** +COLI-001+ |

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| 21:00 | **My Ireland With Colin (R) ’CC’** Colin visits the heartland of traditional Ireland, County Mayo, where he learns to control a flock of Atlantic Sea Spray Lambs and argues with the locals about how best to cook their famous lamb chops | **PG** +COLI-002+ |

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| 22:00 | **My France With Manu: The Pyrenees - Part 2 (R) ’CC’** Manu is back in France, taking you to Pyrenees, the place where garlic meets chilli, where France meets Spain. Explore a land of medieval castles where knights battled and ladies hit their mark. | **PG** +MANU03-002+ |

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| 23:00 | **My Ireland With Colin (R) ’CC’** Dublin born chef and restauranteur Colin Fassnidge returns home to discover the changing face of food in Ireland, heading off on a culinary tour of Ireland's most beautiful food producing areas. | **G** +COLI-001+ |

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| 00:00 | **My Ireland With Colin (R) ’CC’** Colin visits the heartland of traditional Ireland, County Mayo, where he learns to control a flock of Atlantic Sea Spray Lambs and argues with the locals about how best to cook their famous lamb chops | **PG** +COLI-002+ |

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

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| 01:30 | **Creek To Coast: Creek To Coast 2019 Ep: 21 (R) ’CC’** Join Roger on a four-wheel drive adventure that he has dreamt of doing his whole life. It is the ultimate Creek to Coast voyage covering two river systems, the Southern Ocean and 2000 kilometres. | **G** +7CTC19-021+ |

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| 02:00 | **The Great Day Out: Great Day Out, The S3 Ep: 21 (R) ’CC’** Courtney has outdoor holiday ideas for young nature lovers. Billy is learning science in a surprising spot, while Tamsyn has school holiday activities that will keep the kids entertained for hours. | **G** +GDOT19-021+ |

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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** +HIWA21-014+ |

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| 03:00 | **Sydney Weekender (R) ’CC’** Mike loads up on history, health and happy times at The Coal Loader Centre for Sustainability in Waverton. Lizzy explores Gondwana Rainforests. Darren visits Kangaroo Valley for some camping.  | **G** +7SWE26-031+ |

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| 03:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-013+ |

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

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| 04:30 | **Creek To Coast: Creek To Coast 2019 Ep: 21 (R) ’CC’** Join Roger on a four-wheel drive adventure that he has dreamt of doing his whole life. It is the ultimate Creek to Coast voyage covering two river systems, the Southern Ocean and 2000 kilometres. | **G** +7CTC19-021+ |

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| 05:00 | **The Great Day Out: Great Day Out, The S3 Ep: 21 (R) ’CC’** Courtney has outdoor holiday ideas for young nature lovers. Billy is learning science in a surprising spot, while Tamsyn has school holiday activities that will keep the kids entertained for hours. | **G** +GDOT19-021+ |

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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** +HIWA21-014+ |