**Sunday 03 February 2019**

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| 06:00 | **Better Homes And Gardens (R) ’CC’**  Joh visits the home of X-Games competitor Ryan Williams. Adam, Jason and Tara team up to turn a pergola into a luxurious outdoor living area for the winter months. Pete makes cauliflower nasi goreng. | **G**  +BHAG24-017+ |

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| 07:30 | **Rachael Ray's Week In A Day: 4 Star Diner (R)**  Your favourite greasy spoon classics become a week's worth of upscale dinners you can make in one day. | **PG**  +WIAD03-001+ |

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| 08:30 | **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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| 09:30 | **Throwdown With Bobby Flay: Moussaka (R)**  Will Bobby's Moussaka be a match worthy of a throwdown or will this turn into a Greek tragedy? Only one way to find out - tune in for another amazing throwdown. | **PG**  +TWBF09-006+ |

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| 10:00 | **Iron Chef America: Flay vs. Allegretti (R)**  Iron Chef Bobby Flay faces off against Challenger Alain Allegretti. | **PG**  +ICAM10-002+ |

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| 11:00 | **Iron Chef America: Garces vs. Cowan (R)**  Iron Chef Jose Garces faces off against Challenger Madison Cowan. | **PG**  +ICAM10-003+ |

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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 | **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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| 14:00 | **Ten Dollar Dinners: Swine And Dine (R)**  Melissa d'Arabian makes a crowd-pleasing Southern meal that stays pleasingly under budget. | **PG**  +TEDD07-010+ |

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| 14:30 | **Rachael Ray's Week In A Day: Thanksgiving Before And After (R)**  The woman who taught America how to make a meal in 30 minutes is back with an even bigger promise: one day of cooking, up to five days of eating! | **PG**  +WIAD05-010+ |

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| 15:30 | **Throwdown With Bobby Flay: Moussaka (R)**  Will Bobby's Moussaka be a match worthy of a throwdown or will this turn into a Greek tragedy? Only one way to find out - tune in for another amazing throwdown. | **PG**  +TWBF09-006+ |

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| 16:00 | **Iron Chef America: Flay vs. Allegretti (R)**  Iron Chef Bobby Flay faces off against Challenger Alain Allegretti. | **PG**  +ICAM10-002+ |

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| 17:00 | **Iron Chef America: Garces vs. Cowan (R)**  Iron Chef Jose Garces faces off against Challenger Madison Cowan. | **PG**  +ICAM10-003+ |

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| 18:00 | **Kid's Baking Championship: Cake And Ice Cream 2.0 (R)**  Creativity is the name of the game, and Duff Goldman and Valerie Bertinelli have a classic combination in mind - cake and ice cream. | **PG**  +KBAC04-004+ |

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| 19:00 | **Ridiculous Cakes: Out Of This World**  It's a close encounter of the sweet kind when a bride and groom order an outer space-themed wedding cake. | **PG**  +RICA02-010+ |

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| 19:30 | **Cake Wars: Rose Bowl NEW EPISODE**  It's time for kick-off as Cake Wars celebrates one of the longest-standing traditions of college football, the Rose Bowl game. | **PG**  +CAKW04-010+ |

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| 20:30 | **Cupcake Wars: Aloha Cupcakes NEW EPISODE**  Four bakers will have to "lei" it all on the line if they want to win the chance to serve their cupcakes at the Hawaii Food and Wine Festival in Oahu. | **PG**  +CUPW07-013+ |

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| 21:30 | **Cupcake Wars: Cupcake Champions: Spider-Man, Turn Off The Dark NEW EPISODE**  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 | **Ridiculous Cakes: Out Of This World (R)**  It's a close encounter of the sweet kind when a bride and groom order an outer space-themed wedding cake. | **PG**  +RICA02-010+ |

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| 23:00 | **Cake Wars: Rose Bowl (R)**  It's time for kick-off as Cake Wars celebrates one of the longest-standing traditions of college football, the Rose Bowl game. | **PG**  +CAKW04-010+ |

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| 00:00 | **Sydney Weekender (R) ’CC’**  Mike takes his Isuzu through its paces at the I-Venture Club 4WD Experience at River Island. Fliss visits Avoca Surf House. Karen gets a 'beer-ducation' with Dave's Travel and Events. Starring:ERICA DAVIS,FELICITY URQUHART,KAREN LEDBURY,SALLY STANTON,MIKE WHITNEY | **G**  +7SWE25-017+ |

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| 00:30 | **The Great Day Out (R) ’CC’**  Jill shares a glimpse into traditional initiations, ARIA Award winner Anthony Callea shares his Great Day Out. Alastair is on a food trek and Sofie has a few ideas for your next driving adventure. | **G**  +GDOT18-021+ |

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| 01:00 | **Queensland Weekender (R) ’CC’**  Kip makes some fascinating discoveries, Olivia heads offshore, Liz is on her babymoon and Lee is embarking on an incredible walk in the Whitsundays. | **G**  +7QWE18-024+ |

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| 01:30 | **Creek To Coast (R) ’CC’**  Scotty and Kimberley team up with cricket personalities Jason Gillespie, Greg Blewett, Nathan Reardon and Amanda-Jade Wellington to explore the boating, camping and fishing in South Australia. | **G**  +7CTC18-040+ |

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| 02:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-025+ |

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| 02:30 | **Home In WA**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-003+ |

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| 03:00 | **Adam's Pasta Pilgrimage: Lazio (R) ’CC’**  Australian chef Adam Swanson explores the origins of Italy's most famous food: pasta - where it came from, how it got to Italy, and how different regions have made this Italian staple their own. | **G**  +APAP01-006+ |

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| 03:30 | **The Great Day Out (R) ’CC’**  Jill shares a glimpse into traditional initiations, ARIA Award winner Anthony Callea shares his Great Day Out. Alastair is on a food trek and Sofie has a few ideas for your next driving adventure. | **G**  +GDOT18-021+ |

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| 04:00 | **Queensland Weekender (R) ’CC’**  Kip makes some fascinating discoveries, Olivia heads offshore, Liz is on her babymoon and Lee is embarking on an incredible walk in the Whitsundays. | **G**  +7QWE18-024+ |

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| 05:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-025+ |

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| 05:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-003+ |

**Monday 04 February 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike takes his Isuzu through its paces at the I-Venture Club 4WD Experience at River Island. Fliss visits Avoca Surf House. Karen gets a 'beer-ducation' with Dave's Travel and Events. Starring:ERICA DAVIS,FELICITY URQUHART,KAREN LEDBURY,SALLY STANTON,MIKE WHITNEY | **G**  +7SWE25-017+ |

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| 06:30 | **Better Homes And Gardens (R) ’CC’**  Joh visits a woman who is converting an old truck into an apartment on wheels. Adam show you how to make a foldaway work bench for the garage. Ed makes some healthy Hainanese chicken, | **G**  +BHAG24-018+ |

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| 07:30 | **Intolerant Cooks: Ep 5 - You Say Yummy's... (R)**  Join witty food intolerants as they create delicious recipes using fresh regional produce for those with food sensitivities. | **PG**  +INTC04-005+ |

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| 08:00 | **Kid's Baking Championship: Cake And Ice Cream 2.0 (R)**  Creativity is the name of the game, and Duff Goldman and Valerie Bertinelli have a classic combination in mind - cake and ice cream. | **PG**  +KBAC04-004+ |

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| 09:00 | **Cake Wars: Rose Bowl (R)**  It's time for kick-off as Cake Wars celebrates one of the longest-standing traditions of college football, the Rose Bowl game. | **PG**  +CAKW04-010+ |

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| 10:00 | **Cupcake Wars: Aloha Cupcakes (R)**  Four bakers will have to "lei" it all on the line if they want to win the chance to serve their cupcakes at the Hawaii Food and Wine Festival in Oahu. | **PG**  +CUPW07-013+ |

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| 11:00 | **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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| 14:00 | **Giada At Home: Hooray For Hollywood (R)**  It's a glamorous trip down memory lane and a taste of the beloved foods of Old Hollywood. | **PG**  +GIHO08-003+ |

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| 14:30 | **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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| 15:30 | **The Pioneer Woman: Well Done, Dad (R)**  Ree Drummond's dad has retired after 45 years in medicine, so she's bringing him a celebration meal with all of his favourite foods. | **PG**  +PIWO13-011+ |

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| 18:30 | **Chopped: Back In Time NEW EPISODE**  Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG**  +CHPD31-013+ |

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| 19:30 | **Kid's Baking Championship: Doughnuts Go Nuts NEW EPISODE**  Valerie Bertinelli and Duff Goldman shake things up by asking the eight kid bakers to work in teams to create two different types of doughnuts that come together in one unified doughnut design. | **PG**  +KBAC04-005+ |

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| 20:30 | **Spring Baking Championship (R)**  It's time for the country's top bakers to take on springtime treats as they enter the kitchen to show off their superb baking skills. | **PG**  +SPBC03-003+ |

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| 00:30 | **Sydney Weekender (R) ’CC’**  Mike heads to Yamba. Karen picks up some power tools at MotoRRetro. Jason and Beck check out some of In2TheWild's tiny luxury houses. Starring:BECK STEVENS,JASON STEVENS,ERICA DAVIS,DARREN COGGAN,KAREN LEDBURY,MIKE WHITNEY | **G**  +7SWE25-018+ |

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| 01:00 | **The Great Day Out (R) ’CC’**  Sofie and her mum are on a tasting safari of Tamborine, Laurel discovers the 'spirits of the land' and Jess is with some life-changing pups. | **G**  +GDOT18-022+ |

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| 01:30 | **Queensland Weekender (R) ’CC’**  Lee has the September school holiday sorted, Sammie discovers a lavender farm in an unlikely location and photographer John Elliott shares his passion for his work. | **G**  +7QWE18-025+ |

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| 02:00 | **Creek To Coast (R) ’CC’**  Scotty teams up with cricket legends Geoff Marsh and Kim Hughes, and young guns Simon Mackin and Piepa Cleary to explore the boating, camping and fishing offerings in Western Australia. | **G**  +7CTC18-041+ |

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| 02:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-026+ |

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| 03:00 | **Home In WA**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-004+ |

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| 03:30 | **The Great Day Out (R) ’CC’**  Sofie and her mum are on a tasting safari of Tamborine, Laurel discovers the 'spirits of the land' and Jess is with some life-changing pups. | **G**  +GDOT18-022+ |

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| 04:00 | **Queensland Weekender (R) ’CC’**  Lee has the September school holiday sorted, Sammie discovers a lavender farm in an unlikely location and photographer John Elliott shares his passion for his work. | **G**  +7QWE18-025+ |

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| 05:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-004+ |

**Tuesday 05 February 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike heads to Yamba. Karen picks up some power tools at MotoRRetro. Jason and Beck check out some of In2TheWild's tiny luxury houses. Starring:BECK STEVENS,JASON STEVENS,ERICA DAVIS,DARREN COGGAN,KAREN LEDBURY,MIKE WHITNEY | **G**  +7SWE25-018+ |

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| 06:30 | **The Pioneer Woman: Well Done, Dad (R)**  Ree Drummond's dad has retired after 45 years in medicine, so she's bringing him a celebration meal with all of his favourite foods. | **PG**  +PIWO13-011+ |

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| 07:00 | **Giada At Home: Hooray For Hollywood (R)**  It's a glamorous trip down memory lane and a taste of the beloved foods of Old Hollywood. | **PG**  +GIHO08-003+ |

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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 | **Spring Baking Championship (R)**  It's time for the country's top bakers to take on springtime treats as they enter the kitchen to show off their superb baking skills. | **PG**  +SPBC03-003+ |

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| 09:30 | **Spring Baking Championship (R)**  It's time for the country's top bakers to take on springtime treats as they enter the kitchen to show off their superb baking skills. | **PG**  +SPBC03-004+ |

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| 10:30 | **The Pioneer Woman: Well Done, Dad (R)**  Ree Drummond's dad has retired after 45 years in medicine, so she's bringing him a celebration meal with all of his favourite foods. | **PG**  +PIWO13-011+ |

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| 12:00 | **Kid's Baking Championship: Doughnuts Go Nuts (R)**  Valerie Bertinelli and Duff Goldman shake things up by asking the eight kid bakers to work in teams to create two different types of doughnuts that come together in one unified doughnut design. | **PG**  +KBAC04-005+ |

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| 13:00 | **Giada At Home: Late-Night Munchies (R)**  It's midnight, you're starving and you feel like some good old-fashioned comfort food. Giada De Laurentiis raids her fridge and whips up some of her favorite late-night munchies. | **PG**  +GIHO08-004+ |

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| 13:30 | **Chopped: Back In Time (R)**  Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG**  +CHPD31-013+ |

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| 14:30 | **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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| 15:30 | **The Pioneer Woman: 16-Minute Meals: Summer (R)**  Ree Drummond is cooking up four sensational, summery 16-minute meals. | **PG**  +PIWO13-012+ |

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| 16:00 | **Giada At Home: Late-Night Munchies (R)**  It's midnight, you're starving and you feel like some good old-fashioned comfort food. Giada De Laurentiis raids her fridge and whips up some of her favorite late-night munchies. | **PG**  +GIHO08-004+ |

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| 18:30 | **Chopped: Entree Basket Blues NEW EPISODE**  Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG**  +CHPD31-014+ |

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| 19:30 | **Mystery Diners: Hamburger Burglar (R)**  When a restaurant owner suspects employees of not doing their jobs - whether it be stealing, lying, mistreating customers or generally doing lousy work - they call in the Mystery Diners. | **PG (L,A)**  +MYSD10-006+ |

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| 20:00 | **Mystery Diners: Unhappy Hour (R)**  When a restaurant owner suspects employees of not doing their jobs - whether it be stealing, lying, mistreating customers or generally doing lousy work - they call in the Mystery Diners. | **PG (L,A)**  +MYSD10-007+ |

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| 20:30 | **Restaurant: Impossible: Soul Searching NEW EPISODE**  Chef Robert travels to Hagerstown, Md., on a mission to save the Georgia Boy Cafe. The stress of the restaurant is ruining the once loving relationship between owners Chuck and Montez. | **PG**  +RIMP07-006+ |

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| 21:30 | **Restaurant: Impossible: Unlucky Number Seven NEW EPISODE**  Chef Robert visits a restaurant named Seven. He soon discovers that the food is bad, the management is worse, and the stained-glass decor would better fit a church than a restaurant. | **PG**  +RIMP07-007+ |

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| 22:30 | **Mystery Diners: Hamburger Burglar (R)**  When a restaurant owner suspects employees of not doing their jobs - whether it be stealing, lying, mistreating customers or generally doing lousy work - they call in the Mystery Diners. | **PG (L,A)**  +MYSD10-006+ |

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| 00:30 | **Sydney Weekender (R) ’CC’**  Mike hops over to Kangaroo Valley for an unforgettable adventure. Lizzy checks out the Yarrangobilly Caves. Matt goes to Base 101 Studios for a dance lesson with Samson from Justice Crew. | **G**  +7SWE25-019+ |

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| 01:00 | **The Great Day Out (R) ’CC’**  Laurel is exploring a beautiful hinterland town, Courtney is enjoying a crafternoon, Tamsyn discovers her new favourite sport and Sofie gives us a sneak peek of the EKKA. | **G**  +GDOT18-023+ |

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| 01:30 | **Queensland Weekender (R) ’CC’**  Sammie is travelling through the heart of Queensland on a road trip to some of the Outback's best events. Taking in some of this beautiful scenery and meeting a few colourful characters along the way. | **G**  +7QWE18-026+ |

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| 02:00 | **Creek To Coast (R) ’CC’**  Scott visits the amazing Haggerstone Island and man does he catch fish. | **G**  +7CTC18-001+ |

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| 02:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-027+ |

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| 03:00 | **Home In WA**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-005+ |

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| 03:30 | **The Great Day Out (R) ’CC’**  Laurel is exploring a beautiful hinterland town, Courtney is enjoying a crafternoon, Tamsyn discovers her new favourite sport and Sofie gives us a sneak peek of the EKKA. | **G**  +GDOT18-023+ |

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| 04:00 | **Queensland Weekender (R) ’CC’**  Sammie is travelling through the heart of Queensland on a road trip to some of the Outback's best events. Taking in some of this beautiful scenery and meeting a few colourful characters along the way. | **G**  +7QWE18-026+ |

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| 04:30 | **Creek To Coast (R) ’CC’**  Scott visits the amazing Haggerstone Island and man does he catch fish. | **G**  +7CTC18-001+ |

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| 05:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-027+ |

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| 05:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-005+ |

**Wednesday 06 February 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike hops over to Kangaroo Valley for an unforgettable adventure. Lizzy checks out the Yarrangobilly Caves. Matt goes to Base 101 Studios for a dance lesson with Samson from Justice Crew. | **G**  +7SWE25-019+ |

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| 06:30 | **The Pioneer Woman: 16-Minute Meals: Summer (R)**  Ree Drummond is cooking up four sensational, summery 16-minute meals. | **PG**  +PIWO13-012+ |

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| 07:00 | **Giada At Home: Late-Night Munchies (R)**  It's midnight, you're starving and you feel like some good old-fashioned comfort food. Giada De Laurentiis raids her fridge and whips up some of her favorite late-night munchies. | **PG**  +GIHO08-004+ |

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

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| 09:30 | **Restaurant: Impossible: Unlucky Number Seven (R)**  Chef Robert visits a restaurant named Seven. He soon discovers that the food is bad, the management is worse, and the stained-glass decor would better fit a church than a restaurant. | **PG**  +RIMP07-007+ |

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| 10:30 | **The Pioneer Woman: 16-Minute Meals: Summer (R)**  Ree Drummond is cooking up four sensational, summery 16-minute meals. | **PG**  +PIWO13-012+ |

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| 11:00 | **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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| 12:00 | **Mystery Diners: Hamburger Burglar (R)**  When a restaurant owner suspects employees of not doing their jobs - whether it be stealing, lying, mistreating customers or generally doing lousy work - they call in the Mystery Diners. | **PG (L,A)**  +MYSD10-006+ |

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| 12:30 | **Mystery Diners: Unhappy Hour (R)**  When a restaurant owner suspects employees of not doing their jobs - whether it be stealing, lying, mistreating customers or generally doing lousy work - they call in the Mystery Diners. | **PG (L,A)**  +MYSD10-007+ |

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| 13:00 | **Giada At Home: Not Your Grandmother's Tea Party (R)**  A modern, laid back spin on what was once a stuffy tradition: Giada De Laurentiis hosts a tea party with a very modern spin. | **PG**  +GIHO08-005+ |

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| 13:30 | **Chopped: Entree Basket Blues (R)**  Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG**  +CHPD31-014+ |

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| 14:30 | **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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| 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 | **Giada At Home: Not Your Grandmother's Tea Party (R)**  A modern, laid back spin on what was once a stuffy tradition: Giada De Laurentiis hosts a tea party with a very modern spin. | **PG**  +GIHO08-005+ |

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| 16:30 | **Restaurant: Impossible: Soul Searching (R)**  Chef Robert travels to Hagerstown, Md., on a mission to save the Georgia Boy Cafe. The stress of the restaurant is ruining the once loving relationship between owners Chuck and Montez. | **PG**  +RIMP07-006+ |

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| 17:30 | **Restaurant: Impossible: Unlucky Number Seven (R)**  Chef Robert visits a restaurant named Seven. He soon discovers that the food is bad, the management is worse, and the stained-glass decor would better fit a church than a restaurant. | **PG**  +RIMP07-007+ |

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| 18:30 | **Chopped: Taco Time! NEW EPISODE**  Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG**  +CHPD31-015+ |

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| 19:30 | **Ramsay's Hotel Hell: Four Seasons Inn (R) ’CC’**  Gordon Ramsay travels across the US to fix some of its most horrendous hotels, troubled inns and struggling resorts. He will endure hotels at their worst, all so unsuspecting guests don't have to. Starring:GORDON RAMSAY | **M (L)**  +HELL02-006+ |

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| 20:30 | **Ramsay's Kitchen Nightmares USA: Chappy's (R) ’CC’**  John and Starr Champan's last restaurant was destroyed during Hurricane Katrina. Can Chef Ramsay help them find new success in Nashville? Starring:GORDON RAMSAY | **M (L)**  +KNUS06-015+ |

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| 21:30 | **Ramsay's Kitchen Nightmares USA: Amy's Baking Co (R) ’CC’**  Chef Ramsay helps a couple navigate through the treacherous waters of customer complaints at Amy's Baking Company in Scottsdale, Arizona. Starring:GORDON RAMSAY | **MA (L)**  +KNUS06-016+ |

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| 22:30 | **Ramsay's Hotel Hell: Four Seasons Inn (R) ’CC’**  Gordon Ramsay travels across the US to fix some of its most horrendous hotels, troubled inns and struggling resorts. He will endure hotels at their worst, all so unsuspecting guests don't have to. Starring:GORDON RAMSAY | **M (L)**  +HELL02-006+ |

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| 23:30 | **Chopped: Taco Time! (R)**  Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG**  +CHPD31-015+ |

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| 00:30 | **Sydney Weekender (R) ’CC’**  Mike visits Shellharbour and Kiama, taking in the HARS Aviation Museum, The Shed, Loves Bay and Into The Wild Nature Tours. Pete goes to the Clean Treats Factory. Starring:ERICA DAVIS,SALLY STANTON,PETE WELLS,MIKE WHITNEY,SOPHIE FALKINER | **G**  +7SWE25-020+ |

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| 01:00 | **The Great Day Out (R) ’CC’**  Tamsyn is on a food-lovers tour, Luke discovers the latest in virtual reality gaming. We visit a charming strip of shops and Jillian samples some of Queensland's best produce. | **G**  +GDOT18-024+ |

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| 01:30 | **Queensland Weekender (R) ’CC’**  Sammie's outback adventure continues. | **G**  +7QWE18-027+ |

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| 02:00 | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 04:00 | **Queensland Weekender (R) ’CC’**  Sammie's outback adventure continues. | **G**  +7QWE18-027+ |

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| 04:30 | **Creek To Coast (R) ’CC’**  Creek to Coast is all things boating, camping, 4WDing, outdoor adventuring and fishing. From bush-bashing to cooking to caravanning to watersports, Creek to Coast has it all. | **G**  +7CTC18-002+ |

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| 05:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-028+ |

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| 05:30 | **Home In WA**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-006+ |

**Thursday 07 February 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike visits Shellharbour and Kiama, taking in the HARS Aviation Museum, The Shed, Loves Bay and Into The Wild Nature Tours. Pete goes to the Clean Treats Factory. Starring:ERICA DAVIS,SALLY STANTON,PETE WELLS,MIKE WHITNEY,SOPHIE FALKINER | **G**  +7SWE25-020+ |

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| 06:30 | **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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| 07:00 | **Giada At Home: Not Your Grandmother's Tea Party (R)**  A modern, laid back spin on what was once a stuffy tradition: Giada De Laurentiis hosts a tea party with a very modern spin. | **PG**  +GIHO08-005+ |

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| 07:30 | **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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| 08:30 | **Rachael Ray's Week In A Day: Soupercharged (R)**  Think a soup can't be a supper? Then cozy up to this: Rachael Ray has a week's worth of soup-based meals that'll leave your whole family satisfied. | **PG**  +WIAD05-004+ |

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| 09:30 | **The Food Trail (R)**  This week Paul arrives in Tasmania on the island's ship the Spirit of Tasmania and heads straight for Stanley in the north-west where he collects giant crab and octopus. | **G**  +FDTL2-001+ |

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| 10:30 | **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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| 11:00 | **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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| 12:00 | **Guy's Grocery Games: Grocery Rush (R)**  On a GGG first, Guy Fieri gives the chefs three turbo-charged games with only 15 to 20 minutes to shop, cook and plate. | **PG**  +GUGG16-001+ |

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| 13:00 | **Giada At Home: Giada's Tasting Menu (R)**  Giada De Laurentiis creates a small plate tasting menu for some of her friends. | **PG**  +GIHO08-006+ |

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| 13:30 | **Chopped: Taco Time! (R)**  Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG**  +CHPD31-015+ |

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| 14:30 | **The Kitchen: Master Your Menu (R)**  The Kitchen shares recipes that can turn anyone into a Weeknight Warrior, starting with Geoffrey Zakarian's Sloppy Joes and Katie Lee's Hot and Crispy Fish Sandwich. | **PG**  +TKIT14-011+ |

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| 15:30 | **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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| 16:00 | **Giada At Home: Giada's Tasting Menu (R)**  Giada De Laurentiis creates a small plate tasting menu for some of her friends. | **PG**  +GIHO08-006+ |

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| 16:30 | **Guy's Grocery Games: Grocery Rush (R)**  On a GGG first, Guy Fieri gives the chefs three turbo-charged games with only 15 to 20 minutes to shop, cook and plate. | **PG**  +GUGG16-001+ |

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| 17:30 | **Rachael Ray's Week In A Day: Soupercharged (R)**  Think a soup can't be a supper? Then cozy up to this: Rachael Ray has a week's worth of soup-based meals that'll leave your whole family satisfied. | **PG**  +WIAD05-004+ |

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| 18:30 | **Chopped: Viewers' Vengeance NEW EPISODE**  Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG**  +CHPD31-016+ |

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| 19:30 | **Ramsay's Hotel Hell: Juniper Hill - Part 2 (R) ’CC’**  Gordon Ramsay checks in and may check out on part two. Starring:GORDON RAMSAY | **M (L)**  +HELL01-005+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: Momma Cherri's - Revisited (R) ’CC’**  Gordon revisits Momma Cherri's Restaurant. While customers are flooding in, owner Charita finds herself beset with new problems, including how to control her staff. | **M (L)**  +RAKN02-009+ |

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| 21:30 | **Ramsay's Kitchen Nightmares: La Riviera - Revisited (R) ’CC’**  Gordon returns to La Riviera. The restaurant has met with more success since his first visit, but will chef Loic continue to resist French frills and achieve his ambition of a Michelin star? | **M (L)**  +RAKN02-010+ |

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

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| 23:30 | **Chopped: Viewers' Vengeance (R)**  Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG**  +CHPD31-016+ |

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| 00:30 | **Sydney Weekender (R) ’CC’**  Mike is in the Hunter Valley checking out what's new in Wine Country! Sally heads to the second royal wedding of the year - Sleeping Beauty: A Knight Avenger's Tale. Mel heads to Coffs Harbour. Starring:ERICA DAVIS,FELICITY URQUHART,LUKE CARROLL,SALLY STANTON,MIKE WHITNEY | **G**  +7SWE25-021+ |

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| 01:00 | **The Great Day Out (R) ’CC’**  Join Jess as she is on the hunt for unique treasures. Home and Away's Sophie Dillman shares her Great Day Out and Sofie is at a well-known destination that has a new offering. | **G**  +GDOT18-025+ |

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| 01:30 | **Queensland Weekender (R) ’CC’**  Bridget is out on the reef, Sammie is cycling the Coral Coastline and Duane is surfing north QLD-style. | **G**  +7QWE18-028+ |

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| 02:00 | **Creek To Coast (R) ’CC’**  Andrew is on stunning Fraser Island and it's catch and cook-off time. Roger joins country Queenslanders for the Doin' it for Dolly Charity Rodeo. While, Scotty is on the hunt for one metre barra. | **G**  +7CTC18-003+ |

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| 02:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-029+ |

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| 03:00 | **Home In WA**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-007+ |

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| 03:30 | **The Great Day Out (R) ’CC’**  Join Jess as she is on the hunt for unique treasures. Home and Away's Sophie Dillman shares her Great Day Out and Sofie is at a well-known destination that has a new offering. | **G**  +GDOT18-025+ |

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| 04:00 | **Queensland Weekender (R) ’CC’**  Bridget is out on the reef, Sammie is cycling the Coral Coastline and Duane is surfing north QLD-style. | **G**  +7QWE18-028+ |

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| 04:30 | **Creek To Coast (R) ’CC’**  Andrew is on stunning Fraser Island and it's catch and cook-off time. Roger joins country Queenslanders for the Doin' it for Dolly Charity Rodeo. While, Scotty is on the hunt for one metre barra. | **G**  +7CTC18-003+ |

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| 05:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-029+ |

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| 05:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-007+ |

**Friday 08 February 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike is in the Hunter Valley checking out what's new in Wine Country! Sally heads to the second royal wedding of the year - Sleeping Beauty: A Knight Avenger's Tale. Mel heads to Coffs Harbour. Starring:ERICA DAVIS,FELICITY URQUHART,LUKE CARROLL,SALLY STANTON,MIKE WHITNEY | **G**  +7SWE25-021+ |

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| 06:30 | **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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| 07:00 | **Giada At Home: Giada's Tasting Menu (R)**  Giada De Laurentiis creates a small plate tasting menu for some of her friends. | **PG**  +GIHO08-006+ |

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| 07:30 | **The Kitchen: Master Your Menu (R)**  The Kitchen shares recipes that can turn anyone into a Weeknight Warrior, starting with Geoffrey Zakarian's Sloppy Joes and Katie Lee's Hot and Crispy Fish Sandwich. | **PG**  +TKIT14-011+ |

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| 08:30 | **Guy's Grocery Games: Pizza Masters (R)**  It's sur-pie-val of the fittest when four dough throwers compete in a pizza playoff. | **PG**  +GUGG15-002+ |

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| 09:30 | **Better Homes And Gardens (R) ’CC’**  Joh and Ed travel to Kakadu National Park for a foodie adventure and to take in the A Taste of Kakadu Festival. Sarah Leslie shares tips to make the end of the financial year stress-free. | **G**  +BHAG24-019+ |

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| 10:30 | **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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| 11:00 | **The Kitchen: Master Your Menu (R)**  The Kitchen shares recipes that can turn anyone into a Weeknight Warrior, starting with Geoffrey Zakarian's Sloppy Joes and Katie Lee's Hot and Crispy Fish Sandwich. | **PG**  +TKIT14-011+ |

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| 12:00 | **Guy's Grocery Games: Pizza Masters (R)**  It's sur-pie-val of the fittest when four dough throwers compete in a pizza playoff. | **PG**  +GUGG15-002+ |

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| 13:00 | **Giada At Home: East Meets Italy (R)**  In L.A., there are numerous Italian/Asian fusion restaurants with dishes that reflect the dynamic flavours of the east and the west. | **PG**  +GIHO08-007+ |

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| 13:30 | **Chopped: Viewers' Vengeance (R)**  Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG**  +CHPD31-016+ |

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| 14:30 | **The Kitchen: Party In The Parking Lot (R)**  It's tailgating season and The Kitchen is celebrating with Jeff Mauro's Greek Bread pizza and Katie Lee's Jerk Chicken Nachos. | **PG**  +TKIT14-012+ |

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| 15:30 | **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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| 16:00 | **Giada At Home: East Meets Italy (R)**  In L.A., there are numerous Italian/Asian fusion restaurants with dishes that reflect the dynamic flavours of the east and the west. | **PG**  +GIHO08-007+ |

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| 16:30 | **Better Homes And Gardens (R) ’CC’**  Joh and Ed travel to Kakadu National Park for a foodie adventure and to take in the A Taste of Kakadu Festival. Sarah Leslie shares tips to make the end of the financial year stress-free. | **G**  +BHAG24-019+ |

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| 17:30 | **Guy's Grocery Games: Pizza Masters (R)**  It's sur-pie-val of the fittest when four dough throwers compete in a pizza playoff. | **PG**  +GUGG15-002+ |

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| 18:30 | **Chopped: Betting On The Farm NEW EPISODE**  Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG**  +CHPD31-017+ |

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| 19:30 | **Bizarre Foods With Andrew Zimmern: Madagascar NEW EPISODE**  Andrew gets an intimate look at the food and the people that live in one of the most remote corners of the earth, Madagascar. | **PG (A)**  +BIFO04-009+ |

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| 20:30 | **Anthony Bourdain: No Reservations: Lisbon (R)**  Tony's curiosity about mainland Portugal leads him to Lisbon. Through traditional fado music and local chefs and writes, Tony gets to the heart of Lisbon. | **M**  +NORE08-005+ |

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| 21:30 | **Cutthroat Kitchen: Thanks, But No Thanksgiving (R)**  Cutthroat Kitchen hands four chefs $25,000 and the opportunity to spend that money on helping themselves or sabotaging their competitors. | **PG**  +CUTK05-005+ |

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| 22:30 | **Bizarre Foods With Andrew Zimmern: Madagascar (R)**  Andrew gets an intimate look at the food and the people that live in one of the most remote corners of the earth, Madagascar. | **PG (A)**  +BIFO04-009+ |

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| 23:30 | **Chopped: Betting On The Farm (R)**  Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG**  +CHPD31-017+ |

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| 00:30 | **Sydney Weekender (R) ’CC’**  Mike is in Wagga Wagga getting to know the local producers! Karen heads to the food bowl of NSW - The Riverina! Luke lives life on the edge, of the NSW border that is! Starring:ERICA DAVIS,LUKE CARROLL,LIZZY LOVETTE,KAREN LEDBURY,MIKE WITNEY | **G**  +7SWE25-022+ |

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| 01:00 | **The Great Day Out (R) ’CC’**  Alastair discovers Toowoomba's delicious side, we meet some of the artists who will be performing at BigSound and Sofie is off to the country. | **G**  +GDOT18-026+ |

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| 01:30 | **Queensland Weekender (R) ’CC’**  Bridget is on a journey through tropical north Queensland in celebration of Indigenous culture. | **G**  +7QWE18-029+ |

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| 02:00 | **Creek To Coast (R) ’CC’**  Liz is on guard with the Coast Guard. Roger is gearing up for Easter and Scotty is in the Gladstone Region looking for the ABC of fish, Bream, Cod and A big one. | **G**  +7CTC18-004+ |

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| 02:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-030+ |

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| 03:00 | **Home In WA**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-008+ |

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| 03:30 | **The Great Day Out (R) ’CC’**  Alastair discovers Toowoomba's delicious side, we meet some of the artists who will be performing at BigSound and Sofie is off to the country. | **G**  +GDOT18-026+ |

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| 04:00 | **Queensland Weekender (R) ’CC’**  Bridget is on a journey through tropical north Queensland in celebration of Indigenous culture. | **G**  +7QWE18-029+ |

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| 04:30 | **Creek To Coast (R) ’CC’**  Liz is on guard with the Coast Guard. Roger is gearing up for Easter and Scotty is in the Gladstone Region looking for the ABC of fish, Bream, Cod and A big one. | **G**  +7CTC18-004+ |

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| 05:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-030+ |

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| 05:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-008+ |

**Saturday 09 February 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike is in Wagga Wagga getting to know the local producers! Karen heads to the food bowl of NSW - The Riverina! Luke lives life on the edge, of the NSW border that is! Starring:ERICA DAVIS,LUKE CARROLL,LIZZY LOVETTE,KAREN LEDBURY,MIKE WITNEY | **G**  +7SWE25-022+ |

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| 06:30 | **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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| 07:00 | **Giada At Home: East Meets Italy (R)**  In L.A., there are numerous Italian/Asian fusion restaurants with dishes that reflect the dynamic flavours of the east and the west. | **PG**  +GIHO08-007+ |

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| 07:30 | **The Kitchen: Party In The Parking Lot (R)**  It's tailgating season and The Kitchen is celebrating with Jeff Mauro's Greek Bread pizza and Katie Lee's Jerk Chicken Nachos. | **PG**  +TKIT14-012+ |

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| 08:30 | **Cutthroat Kitchen: Sabotage Is Comin' To Town**  Cutthroat Kitchen hands four chefs $25,000 and the opportunity to spend that money on helping themselves or sabotaging their competitors. | **PG**  +CUTK05-006+ |

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| 09:30 | **Cutthroat Kitchen: Superstar Sabotage: Heat One**  Cutthroat Kitchen hands four chefs $25,000 and the opportunity to spend that money on helping themselves or sabotaging their competitors. | **PG**  +CUTK05-007+ |

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| 10:30 | **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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| 11:00 | **The Kitchen: Party In The Parking Lot (R)**  It's tailgating season and The Kitchen is celebrating with Jeff Mauro's Greek Bread pizza and Katie Lee's Jerk Chicken Nachos. | **PG**  +TKIT14-012+ |

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| 12:00 | **Bizarre Foods With Andrew Zimmern: Madagascar (R)**  Andrew gets an intimate look at the food and the people that live in one of the most remote corners of the earth, Madagascar. | **PG (A)**  +BIFO04-009+ |

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| 13:00 | **Cutthroat Kitchen: Sabotage Is Comin' To Town (R)**  Cutthroat Kitchen hands four chefs $25,000 and the opportunity to spend that money on helping themselves or sabotaging their competitors. | **PG**  +CUTK05-006+ |

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| 14:00 | **Cutthroat Kitchen: Superstar Sabotage: Heat One (R)**  Cutthroat Kitchen hands four chefs $25,000 and the opportunity to spend that money on helping themselves or sabotaging their competitors. | **PG**  +CUTK05-007+ |

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| 15:00 | **Chopped: Betting On The Farm (R)**  Chopped is a cooking competition that's all about skill, speed and ingenuity, where four up-and-coming chefs compete before a panel of three expert judges. | **PG**  +CHPD31-017+ |

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| 16:00 | **Giada At Home: Springtime Celebrations (R)**  Giada De Laurentiis creates a springtime feast to celebrate the season with family and friends. | **PG**  +GIHO08-008+ |

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| 16:30 | **Ten Dollar Dinners: Chicken Italiano**  Melissa d'Arabian cooks up restaurant-worthy Italian-American recipes with an eye toward her budget. | **PG**  +TEDD07-011+ |

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| 17:00 | **Rachael Ray's Week In A Day: Prepare Yourself**  Use one recipe to get a head start on a week's worth of food. | **PG**  +WIAD03-002+ |

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| 18:00 | **Anthony Bourdain: No Reservations: Lisbon (R)**  Tony's curiosity about mainland Portugal leads him to Lisbon. Through traditional fado music and local chefs and writes, Tony gets to the heart of Lisbon. | **PG**  +NORE08-005+ |

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| 19:00 | **Around The World With Manu: UK (R)**  Wiith some rare spare time on his hands, Manu Feildel decides to follow his dream of circumnavigating the world, on AUS$20,000 in 30 days. Can he do it? | **PG**  +AWWM01-001+ |

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| 20:00 | **Iron Chef America: Flay vs. Hastings NEW EPISODE**  Iron Chef Bobby Flay faces off against Challenger Chris Hastings. | **PG**  +ICAM10-004+ |

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| 21:00 | **Iron Chef America: Symon vs. Izard NEW EPISODE**  Iron Chef Michael Symon faces off against the challenger, Chicago chef Stephanie Izard. | **PG**  +ICAM10-005+ |

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| 22:00 | **Throwdown With Bobby Flay: Grinders NEW EPISODE**  Peter McAndrews puts his famous "Paesano" grinder up against Bobby Flay in a 15-round championship throwdown. Will Bobby's Italian grinder go the distance? | **PG**  +TWBF09-007+ |

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| 22:30 | **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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| 23:30 | **Ten Dollar Dinners: Chicken Italiano (R)**  Melissa d'Arabian cooks up restaurant-worthy Italian-American recipes with an eye toward her budget. | **PG**  +TEDD07-011+ |

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| 00:00 | **Sydney Weekender (R) ’CC’**  Mike heads to the Southern Tablelands, and checks out a country pub with a difference. Mel checks out the Sydney International Boat Show. Lizzy goes wild at Taronga Western Plains Zoo. Starring:ERICA DAVIS,LIZZY LOVETTE,SALLY STANTON,MEL SYMONS,MIKE WHITNEY | **G**  +7SWE25-023+ |

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| 00:30 | **The Great Day Out (R) ’CC’**  Damien is on board the Priscilla bus, Jess is at a free gig in the city Botanic Gardens and Sofie is on the hunt for Brisbane's best steak. | **G**  +GDOT18-027+ |

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| 01:00 | **Queensland Weekender (R) ’CC’**  Victoria is on a sandy four-wheel drive trail that mixes adventure with indulgence, Kip is checking out the Central West Music Makers and Duane is heading down stream in tropical north Queensland. | **G**  +7QWE18-030+ |

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| 01:30 | **Creek To Coast (R) ’CC’**  The competition is on between Luke and Cody as they fight for the best catch of the day. Roger shares his passion for Landcruisers. Sally has all the tricks for cooking a whole fish. | **G**  +7CTC18-005+ |

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| 02:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-031+ |

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| 02:30 | **Home In WA**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-009+ |

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike heads to the Southern Tablelands, and checks out a country pub with a difference. Mel checks out the Sydney International Boat Show. Lizzy goes wild at Taronga Western Plains Zoo. Starring:ERICA DAVIS,LIZZY LOVETTE,SALLY STANTON,MEL SYMONS,MIKE WHITNEY | **G**  +7SWE25-023+ |

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| 03:30 | **The Great Day Out (R) ’CC’**  Damien is on board the Priscilla bus, Jess is at a free gig in the city Botanic Gardens and Sofie is on the hunt for Brisbane's best steak. | **G**  +GDOT18-027+ |

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| 04:00 | **Queensland Weekender (R) ’CC’**  Victoria is on a sandy four-wheel drive trail that mixes adventure with indulgence, Kip is checking out the Central West Music Makers and Duane is heading down stream in tropical north Queensland. | **G**  +7QWE18-030+ |

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| 04:30 | **Creek To Coast (R) ’CC’**  The competition is on between Luke and Cody as they fight for the best catch of the day. Roger shares his passion for Landcruisers. Sally has all the tricks for cooking a whole fish. | **G**  +7CTC18-005+ |

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| 05:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-031+ |

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| 05:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA20-009+ |