**Sunday 13 January 2019**

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| 06:00 | **Better Homes And Gardens (R) ’CC’**  Karen makes an Italian beef salad. Graham looks at some brilliant examples of verge gardening. Dr Harry shows off some cool and quirky pets. | **G**  +BHAG24-005+ |

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| 07:00 | **Throwdown With Bobby Flay: Fried Chicken (R)**  Will Chef Bobby Flay finally win a Fried Chicken Throwdown or is defeat in the air? | **PG**  +TWBF09-003+ |

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| 07:30 | **Ten Dollar Dinners: Diner On A Dime (R)**  Melissa d'Arabian whips up a comforting soup and sandwich menu in a matter of minutes. Her Almost Raw Asparagus Soup is an easy way to dress up her perfect Grilled Cheddar Cheese Sandwich. | **PG**  +TEDD07-007+ |

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| 08:00 | **Rachael Ray's Week In A Day: Count Your Chickens (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**  +WIAD05-008+ |

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| 09:00 | **My France With Manu: The Rhone Valley (R) ’CC’**  Manu returns to take us on another journey through his home country. Beginning in the French Alps, he goes mountain biking before heading to Lyon to learn boat jousting and to try the local cuisine. | **PG**  +MANU2-001+ |

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| 10:00 | **Iron Chef America: Zakarian VS. Wolen (R)**  Chicago Chef Lee Wolen busts out of his shell for a battle against Iron Chef Geoffrey Zakarian that's anything but quiet. Judges Nancy Silverton and Simon Majumdar are on hand to determine the winner. | **PG**  +ICAM13-005+ |

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| 11:00 | **Iron Chef America: Guarnaschelli VS. Sutherland (R)**  Minnesota chef Justin Sutherland brings his contemporary Southern cuisine to Kitchen Stadium in an attempt to fleece Iron Chef Alex Guarnaschelli. | **PG**  +ICAM13-006+ |

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| 12:00 | **Guy's Grocery Games: Last Judge Standing Tournament, Pt. 4 (R)**  Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG**  +GUGG15-008+ |

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| 13:00 | **Intolerant Cooks: Ep 10 - Fonda For Your Bonda! (R)**  Join witty food intolerants as they create delicious recipes using fresh regional produce for those with food sensitivities. | **PG**  +INTC04-010+ |

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| 13:30 | **My France With Manu: The Rhone Valley (R) ’CC’**  Manu returns to take us on another journey through his home country. Beginning in the French Alps, he goes mountain biking before heading to Lyon to learn boat jousting and to try the local cuisine. | **PG**  +MANU2-001+ |

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| 14:30 | **Throwdown With Bobby Flay: Fried Chicken (R)**  Will Chef Bobby Flay finally win a Fried Chicken Throwdown or is defeat in the air? | **PG**  +TWBF09-003+ |

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| 15:00 | **Iron Chef America: Zakarian VS. Wolen (R)**  Chicago Chef Lee Wolen busts out of his shell for a battle against Iron Chef Geoffrey Zakarian that's anything but quiet. Judges Nancy Silverton and Simon Majumdar are on hand to determine the winner. | **PG**  +ICAM13-005+ |

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| 16:00 | **Iron Chef America: Guarnaschelli VS. Sutherland (R)**  Minnesota chef Justin Sutherland brings his contemporary Southern cuisine to Kitchen Stadium in an attempt to fleece Iron Chef Alex Guarnaschelli. | **PG**  +ICAM13-006+ |

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| 17:00 | **Kid's Baking Championship: Winning Colors (R)**  Thunder claps and lightning strikes greet the bakers but when the storms pass, a rainbow appears and inspires the final challenge - rainbow cakes. | **PG**  +KBAC05-007+ |

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| 18:00 | **Kid's Baking Championship: Cookielicious NEW EPISODE**  The new season of Kids Baking Championship kicks off with a new take on everybody's favourite: cake. | **PG**  +KBAC04-001+ |

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| 19:00 | **Ridiculous Cakes: Pretty Ponies NEW EPISODE**  My Little Pony comes to life in cake for one lucky girl's horse-themed birthday party. | **PG**  +RICA02-007+ |

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| 19:30 | **Cake Wars: Transformers NEW EPISODE**  Autobots roll out. Four talented bakers will enter battle, but to take home $10,000, they'll have to create Transformers-themed cakes that are more than meets the eye. | **PG**  +CAKW04-007+ |

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| 20:30 | **Cupcake Wars: Cheerleader Cupcakes NEW EPISODE**  Cupcakes will fly as four competitors fight for the chance to serve their cupcakes at a huge celebration honoring the country's best cheerleaders. | **PG**  +CUPW07-007+ |

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| 21:30 | **Cupcake Wars: Cupcakes On Parade NEW EPISODE**  'Tis the season for cupcakes as four bakers compete for the opportunity to serve their cupcakes at a VIP party for the Magnificent Mile Lights Festival Parade in Chicago. | **PG**  +CUPW07-008+ |

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| 22:30 | **Ridiculous Cakes: Pretty Ponies (R)**  My Little Pony comes to life in cake for one lucky girl's horse-themed birthday party. | **PG**  +RICA02-007+ |

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| 23:00 | **Kid's Baking Championship: Winning Colors (R)**  Thunder claps and lightning strikes greet the bakers but when the storms pass, a rainbow appears and inspires the final challenge - rainbow cakes. | **PG**  +KBAC05-007+ |

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| 00:00 | **Kid's Baking Championship: Cookielicious (R)**  The new season of Kids Baking Championship kicks off with a new take on everybody's favourite: cake. | **PG**  +KBAC04-001+ |

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| 01:00 | **Sydney Weekender (R) ’CC’**  Mike checks out the best of the Tweed. Rose visits Dubbo, taking in Old Dubbo Gaol and Wellington Caves. Jack finds some great foodie spots on the Central Coast. Starring:JACK YABSLEY,ERICA DAVIS,LIZZY LOVETTE,ROSE KELLY,MIKE WHITNEY | **G**  +7SWE25-042+ |

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| 01:30 | **The Great Day Out (R) ’CC’**  Alastair gets a taste of the south east's newest night markets and Sofie is back in paradise. | **G**  +GDOT18-043+ |

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| 02:00 | **Queensland Weekender (R) ’CC’**  This week Liz Cantor has the ultimate surprise for her husband's birthday, a tandem skydive. Bridget heads to the tropics to one of the event cities for the 2018 Commonwealth Games. | **G**  +7QWE18-003+ |

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| 02:30 | **Creek To Coast (R) ’CC’**  This week we are winter camping and Roothy with his mate Jason have all the tips and tricks on how to set up a comfortable site. | **G**  +7CTC18-019+ |

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| 03:00 | **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**  +SAWE18-004+ |

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| 03:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-007+ |

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| 04:00 | **Sean's Kitchen (R) ’CC’**  Follow Sean Connolly, one of Australia's most well-respected and celebrated chefs, in his bid to showcase outstanding South Australian produce in his new restaurant named Sean's Kitchen. | **G**  +SEKI02-001+ |

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| 05:00 | **The Great Day Out (R) ’CC’**  Alastair gets a taste of the south east's newest night markets and Sofie is back in paradise. | **G**  +GDOT18-043+ |

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**Monday 14 January 2019**

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| 06:00 | **Creek To Coast (R) ’CC’**  This week we are winter camping and Roothy with his mate Jason have all the tips and tricks on how to set up a comfortable site. | **G**  +7CTC18-019+ |

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| 06:30 | **Better Homes And Gardens (R) ’CC’**  Joh catches up with Winter Olympian David Morris. Adam shows you how to restore old furniture. Karen makes calamari with green chilli and tuna mayo. Dr Harry meets some animal athletes. | **G**  +BHAG24-003+ |

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| 07:30 | **Intolerant Cooks: Ep 8 - Yummy, Yummy, Yummy I Got Curry In My Tummy! (R)**  Join witty food intolerants as they create delicious recipes using fresh regional produce for those with food sensitivities. | **PG**  +INTC04-008+ |

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| 08:00 | **Cupcake Wars: Cheerleader Cupcakes (R)**  Cupcakes will fly as four competitors fight for the chance to serve their cupcakes at a huge celebration honoring the country's best cheerleaders. | **PG**  +CUPW07-007+ |

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| 09:00 | **Cupcake Wars: Cupcakes On Parade (R)**  'Tis the season for cupcakes as four bakers compete for the opportunity to serve their cupcakes at a VIP party for the Magnificent Mile Lights Festival Parade in Chicago. | **PG**  +CUPW07-008+ |

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| 10:00 | **Cake Wars: Transformers (R)**  Autobots roll out. Four talented bakers will enter battle, but to take home $10,000, they'll have to create Transformers-themed cakes that are more than meets the eye. | **PG**  +CAKW04-007+ |

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| 11:00 | **Kid's Baking Championship: Winning Colors (R)**  Thunder claps and lightning strikes greet the bakers but when the storms pass, a rainbow appears and inspires the final challenge - rainbow cakes. | **PG**  +KBAC05-007+ |

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| 12:00 | **Better Homes And Gardens (R) ’CC’**  Joh catches up with Winter Olympian David Morris. Adam shows you how to restore old furniture. Karen makes calamari with green chilli and tuna mayo. Dr Harry meets some animal athletes. | **G**  +BHAG24-003+ |

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| 13:00 | **Cupcake Wars: Cheerleader Cupcakes (R)**  Cupcakes will fly as four competitors fight for the chance to serve their cupcakes at a huge celebration honoring the country's best cheerleaders. | **PG**  +CUPW07-007+ |

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| 14:00 | **Giada At Home: Healthy And Hearty**  Giada De Laurentiis creates meals that feature vegetables as the main dish with hearty and colourful dishes. | **PG**  +GIHO06-011+ |

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| 14:30 | **The Kitchen: Toast To Mom NEW EPISODE**  A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG**  +TKIT13-006+ |

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| 15:30 | **Baked In Vermont: Italy Revisited NEW EPISODE**  Gesine has invited her friends over for a trip down memory lane and a big Italian dinner of Bolognese Lasagne and Caprese Salad. | **PG**  +BAVE02-006+ |

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| 16:00 | **Cake Wars: Transformers (R)**  Autobots roll out. Four talented bakers will enter battle, but to take home $10,000, they'll have to create Transformers-themed cakes that are more than meets the eye. | **PG**  +CAKW04-007+ |

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| 18:00 | **Ridiculous Cakes: Pretty Ponies (R)**  My Little Pony comes to life in cake for one lucky girl's horse-themed birthday party. | **PG**  +RICA02-007+ |

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| 18:30 | **Chopped: Got Your Goat? NEW EPISODE**  The chefs race to figure out what to do with a seafood product and some boozy veggies in the first round. | **PG**  +CHPD34-011+ |

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| 19:30 | **Kid's Baking Championship: Pizza For Dessert NEW EPISODE**  The kids have to get creative to turn pizza into a sweet treat by creating dessert pizzas. | **PG**  +KBAC04-002+ |

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| 20:30 | **Spring Baking Championship**  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**  +SPBC04-005+ |

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| 21:30 | **Spring Baking Championship**  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**  +SPBC04-006+ |

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| 22:30 | **Kid's Baking Championship: Pizza For Dessert (R)**  The kids have to get creative to turn pizza into a sweet treat by creating dessert pizzas. | **PG**  +KBAC04-002+ |

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| 23:30 | **Chopped: Got Your Goat? (R)**  The chefs race to figure out what to do with a seafood product and some boozy veggies in the first round. | **PG**  +CHPD34-011+ |

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| 00:30 | **Sydney Weekender (R) ’CC’**  Mike makes a splash in Coffs Harbour with Dolphin Marine Magic. Karen gets some off-roading tips from David Wilson at I-Venture Club. Rose checks out some of Sydney's best rooftop bars. Starring:ERICA DAVIS,KAREN LEDBURY,ROSE KELLY,MIKE WHITNEY,MATT BASELEY | **G**  +7SWE25-043+ |

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| 01:00 | **The Great Day Out (R) ’CC’**  Jill meets the inspiring Li Cunxin, better known as Mao's Last Dancer. Laurel tries her hand at the new sport of axe throwing. Plus, Commonwealth Games diver Dom Bedggood shares his Great Day Out. | **G**  +GDOT18-001+ |

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| 01:30 | **Queensland Weekender (R) ’CC’**  This week on Queensland Weekender, Victoria is on a driving holiday along The Great Dividing Range. | **G**  +7QWE18-004+ |

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| 02:00 | **Creek To Coast (R) ’CC’**  Scotty is in the Hinchinbrook region with his son, Roger is getting out of trouble with new mate Jack and Olivia is taking on Rocky. | **G**  +7CTC18-020+ |

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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**  +SAWE18-005+ |

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| 03:00 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-008+ |

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| 03:30 | **Sydney Weekender (R) ’CC’**  Mike makes a splash in Coffs Harbour with Dolphin Marine Magic. Karen gets some off-roading tips from David Wilson at I-Venture Club. Rose checks out some of Sydney's best rooftop bars. Starring:ERICA DAVIS,KAREN LEDBURY,ROSE KELLY,MIKE WHITNEY,MATT BASELEY | **G**  +7SWE25-043+ |

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| 04:00 | **The Great Day Out (R) ’CC’**  Jill meets the inspiring Li Cunxin, better known as Mao's Last Dancer. Laurel tries her hand at the new sport of axe throwing. Plus, Commonwealth Games diver Dom Bedggood shares his Great Day Out. | **G**  +GDOT18-001+ |

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| 04:30 | **Queensland Weekender (R) ’CC’**  This week on Queensland Weekender, Victoria is on a driving holiday along The Great Dividing Range. | **G**  +7QWE18-004+ |

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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**  +SAWE18-005+ |

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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**  +HIWA21-008+ |

**Tuesday 15 January 2019**

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| 06:00 | **Creek To Coast (R) ’CC’**  Scotty is in the Hinchinbrook region with his son, Roger is getting out of trouble with new mate Jack and Olivia is taking on Rocky. | **G**  +7CTC18-020+ |

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| 06:30 | **Baked In Vermont: Italy Revisited (R)**  Gesine has invited her friends over for a trip down memory lane and a big Italian dinner of Bolognese Lasagne and Caprese Salad. | **PG**  +BAVE02-006+ |

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| 07:00 | **Giada At Home: Healthy And Hearty (R)**  Giada De Laurentiis creates meals that feature vegetables as the main dish with hearty and colourful dishes. | **PG**  +GIHO06-011+ |

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| 07:30 | **The Kitchen: Toast To Mom (R)**  A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG**  +TKIT13-006+ |

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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**  +SPBC04-005+ |

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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**  +SPBC04-006+ |

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| 10:30 | **Giada At Home: Easy Italian**  Giada De Laurentiis creates four tasty Italian dishes made with inexpensive ingredients like Cannellini Bean and Sausage Stew. | **PG**  +GIHO06-012+ |

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| 11:00 | **The Kitchen: Toast To Mom (R)**  A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG**  +TKIT13-006+ |

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| 12:00 | **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**  +SPBC04-005+ |

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| 13:00 | **Giada At Home: Healthy And Hearty (R)**  Giada De Laurentiis creates meals that feature vegetables as the main dish with hearty and colourful dishes. | **PG**  +GIHO06-011+ |

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| 13:30 | **Chopped: Got Your Goat? (R)**  The chefs race to figure out what to do with a seafood product and some boozy veggies in the first round. | **PG**  +CHPD34-011+ |

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| 14:30 | **The Kitchen: Fresh New Flavors NEW EPISODE**  A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG**  +TKIT13-007+ |

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| 15:30 | **Baked In Vermont: Grill, Baby, Grill NEW EPISODE**  Gesine Prado creates some clever ways to bring baking to the grill while hosting an outdoor party to celebrate warm weather and good friends. | **PG**  +BAVE02-007+ |

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| 16:00 | **Giada At Home: Easy Italian (R)**  Giada De Laurentiis creates four tasty Italian dishes made with inexpensive ingredients like Cannellini Bean and Sausage Stew. | **PG**  +GIHO06-012+ |

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| 16:30 | **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**  +SPBC04-006+ |

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| 17:30 | **Kid's Baking Championship: Pizza For Dessert (R)**  The kids have to get creative to turn pizza into a sweet treat by creating dessert pizzas. | **PG**  +KBAC04-002+ |

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| 18:30 | **Chopped: Bangin' Backyard Cookout NEW EPISODE**  The chefs imagine they're making a memorable meal for a backyard party in this cookout competition. | **PG**  +CHPD34-012+ |

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| 19:30 | **Mystery Diners: Tables Turned**  In this special episode of Mystery Diners, Charles Stiles and his undercover team risk it all to bust the boss. For the first time ever, the sting is conducted from inside the restaurant. | **PG (L,A)**  +MYSD11-013+ |

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| 20:00 | **Mystery Diners: Partner Problems (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)**  +MYSD10-001+ |

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| 20:30 | **Restaurant Impossible: No Day At The Beach NEW EPISODE**  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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| 21:30 | **Restaurant Impossible: Bring Mama Back NEW EPISODE**  Chef Robert Irvine has just two days to address trust issues, frozen food in the kitchen and finances that aren't adding up if there's any chance of restoring this restaurant to its former glory. | **PG**  +RIMP07-001+ |

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| 22:30 | **Mystery Diners: Tables Turned (R)**  In this special episode of Mystery Diners, Charles Stiles and his undercover team risk it all to bust the boss. For the first time ever, the sting is conducted from inside the restaurant. | **PG (L,A)**  +MYSD11-013+ |

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| 23:30 | **Chopped: Bangin' Backyard Cookout (R)**  The chefs imagine they're making a memorable meal for a backyard party in this cookout competition. | **PG**  +CHPD34-012+ |

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| 00:30 | **Sydney Weekender (R) ’CC’**  Mike goes to Montague Island. Mel take in The Star Gold Coast Magic Millions races. Sally goes on a burger-eating bonanza at Barre Grill on Bourke Street, Surry Hills. Starring:SALLY STANTON,ROSE KELLY,MEL SYMONS,MIKE WHITNEY | **G**  +7SWE25-044+ |

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| 01:00 | **The Great Day Out (R) ’CC’**  This week on the Great Day Out, Al's scouting out Brisbane's best brunch. Gold Medallist Shannon Parry shares her Great Day Out and Sofie gets active at Noosa. | **G**  +GDOT18-002+ |

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| 01:30 | **Queensland Weekender (R) ’CC’**  This week on Queensland Weekender, Liz experiences one of the most scenic ways to see the Gold Coast. Plus, Curtis explores the green behind the gold on the Gold Coast. | **G**  +7QWE18-005+ |

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| 02:00 | **Creek To Coast (R) ’CC’**  Sally is in her element, Olivia uncovers the important work of the Volunteer Marine Rescue and the Coast Guard and Scotty is targeting a fish he hasn't caught in over 30 years. | **G**  +7CTC18-021+ |

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| 02:30 | **SA Weekender ’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**  +SAWE18-006+ |

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| 03:00 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-009+ |

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| 04:00 | **The Great Day Out (R) ’CC’**  This week on the Great Day Out, Al's scouting out Brisbane's best brunch. Gold Medallist Shannon Parry shares her Great Day Out and Sofie gets active at Noosa. | **G**  +GDOT18-002+ |

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| 04:30 | **Queensland Weekender (R) ’CC’**  This week on Queensland Weekender, Liz experiences one of the most scenic ways to see the Gold Coast. Plus, Curtis explores the green behind the gold on the Gold Coast. | **G**  +7QWE18-005+ |

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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**  +SAWE18-006+ |

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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**  +HIWA21-009+ |

**Wednesday 16 January 2019**

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| 06:00 | **Creek To Coast (R) ’CC’**  Sally is in her element, Olivia uncovers the important work of the Volunteer Marine Rescue and the Coast Guard and Scotty is targeting a fish he hasn't caught in over 30 years. | **G**  +7CTC18-021+ |

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| 06:30 | **Baked In Vermont: Grill, Baby, Grill (R)**  Gesine Prado creates some clever ways to bring baking to the grill while hosting an outdoor party to celebrate warm weather and good friends. | **PG**  +BAVE02-007+ |

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| 07:00 | **Giada At Home: Easy Italian (R)**  Giada De Laurentiis creates four tasty Italian dishes made with inexpensive ingredients like Cannellini Bean and Sausage Stew. | **PG**  +GIHO06-012+ |

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| 07:30 | **The Kitchen: Fresh New Flavors (R)**  A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG**  +TKIT13-007+ |

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| 08:30 | **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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| 09:30 | **Restaurant Impossible: Bring Mama Back (R)**  Chef Robert Irvine has just two days to address trust issues, frozen food in the kitchen and finances that aren't adding up if there's any chance of restoring this restaurant to its former glory. | **PG**  +RIMP07-001+ |

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| 10:30 | **Giada At Home: Game Day Goodies**  Giada De Laurentiis creates her spin on foods to enjoy while watching the big game. The menu includes Sticky Pork Ribs With Balsamic Barbecue Sauce snd Sweet Potato Tots With Dill Dust. | **PG**  +GIHO06-013+ |

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| 11:00 | **The Kitchen: Fresh New Flavors (R)**  A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG**  +TKIT13-007+ |

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| 12:00 | **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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| 13:00 | **Giada At Home: Easy Italian (R)**  Giada De Laurentiis creates four tasty Italian dishes made with inexpensive ingredients like Cannellini Bean and Sausage Stew. | **PG**  +GIHO06-012+ |

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| 13:30 | **Chopped: Bangin' Backyard Cookout (R)**  The chefs imagine they're making a memorable meal for a backyard party in this cookout competition. | **PG**  +CHPD34-012+ |

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| 14:30 | **The Kitchen: Get Your Grill On NEW EPISODE**  A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG**  +TKIT13-008+ |

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| 15:30 | **Baked In Vermont: Picnic For Two NEW EPISODE**  When the weather is nice, there's nothing that Gesine Prado and Ray enjoy more than eating outdoors under the beautiful Vermont sky. | **PG**  +BAVE02-008+ |

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| 16:00 | **Giada At Home: Game Day Goodies (R)**  Giada De Laurentiis creates her spin on foods to enjoy while watching the big game. The menu includes Sticky Pork Ribs With Balsamic Barbecue Sauce snd Sweet Potato Tots With Dill Dust. | **PG**  +GIHO06-013+ |

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| 16:30 | **Restaurant Impossible: Bring Mama Back (R)**  Chef Robert Irvine has just two days to address trust issues, frozen food in the kitchen and finances that aren't adding up if there's any chance of restoring this restaurant to its former glory. | **PG**  +RIMP07-001+ |

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| 17:30 | **Mystery Diners: Tables Turned (R)**  In this special episode of Mystery Diners, Charles Stiles and his undercover team risk it all to bust the boss. For the first time ever, the sting is conducted from inside the restaurant. | **PG (L,A)**  +MYSD11-013+ |

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| 18:00 | **Mystery Diners: Partner Problems (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)**  +MYSD10-001+ |

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| 18:30 | **Chopped: Greater Tater NEW EPISODE**  The chefs learn that their competition has a potato theme, with spuds of some kind in every basket. The chefs must incorporate two tater products into their Canadian bacon appetizers. | **PG**  +CHPD34-013+ |

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| 19:30 | **Ramsay's Hotel Hell: Applegate River Lodge (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 (D,L)**  +HELL02-003+ |

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| 20:30 | **Ramsay's Kitchen Nightmares USA: Sam's Kabob (R) ’CC’**  The staff at Sam’s Mediterranean Grille are constantly fighting each other, even in front of customers. Gordon Ramsay helps the owner make peace. Starring:GORDON RAMSAY | **M (L)**  +KNUS06-009+ |

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| 21:30 | **Ramsay's Kitchen Nightmares USA: Nino's (R) ’CC’**  Chef Ramsay heads to Long Beach, CA, to help an Italian restaurant through a transition of new owners. Starring:GORDON RAMSAY | **M (L)**  +KNUS06-010+ |

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| 22:30 | **Ramsay's Hotel Hell: Applegate River Lodge (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 (D,L)**  +HELL02-003+ |

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| 23:30 | **Chopped: Greater Tater (R)**  The chefs learn that their competition has a potato theme, with spuds of some kind in every basket. The chefs must incorporate two tater products into their Canadian bacon appetizers. | **PG**  +CHPD34-013+ |

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| 00:30 | **Sydney Weekender (R) ’CC’**  Mike cruises around Sydney Harbour with Barefoot Charters. Mel heads to Scenic World and stays at the Hydro Majestic in the Blue Mountains. Lizzy heads to the Australian Reptile Park. | **G**  +7SWE25-045+ |

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| 01:00 | **The Great Day Out (R) ’CC’**  Sofie discovers some new activities on gorgeous Moreton Island. Alastair is high above Ipswich in search of the region's best produce. Commonwealth Games swimmer Emma McKeon shares her Great Day Out. | **G**  +GDOT18-003+ |

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| 01:30 | **Queensland Weekender (R) ’CC’**  This week on Queensland Weekender, Bridget embarks on an adventure that takes in the best of the west. From stunning scenery and country hospitality, to a cracking outback festival. | **G**  +7QWE18-006+ |

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| 02:00 | **Creek To Coast (R) ’CC’**  Scott takes his good mate Nova breakfast radio presenter Ash Bradnam on a fishing trip south, from the Gold Coast to Ballina and Yamba. | **G**  +7CTC18-022+ |

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| 02:30 | **SA Weekender ’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**  +SAWE18-007+ |

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| 03:00 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-010+ |

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| 03:30 | **Sydney Weekender (R) ’CC’**  Mike cruises around Sydney Harbour with Barefoot Charters. Mel heads to Scenic World and stays at the Hydro Majestic in the Blue Mountains. Lizzy heads to the Australian Reptile Park. | **G**  +7SWE25-045+ |

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| 04:00 | **The Great Day Out (R) ’CC’**  Sofie discovers some new activities on gorgeous Moreton Island. Alastair is high above Ipswich in search of the region's best produce. Commonwealth Games swimmer Emma McKeon shares her Great Day Out. | **G**  +GDOT18-003+ |

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| 04:30 | **Queensland Weekender (R) ’CC’**  This week on Queensland Weekender, Bridget embarks on an adventure that takes in the best of the west. From stunning scenery and country hospitality, to a cracking outback festival. | **G**  +7QWE18-006+ |

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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**  +SAWE18-007+ |

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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**  +HIWA21-010+ |

**Thursday 17 January 2019**

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| 06:00 | **Creek To Coast (R) ’CC’**  Scott takes his good mate Nova breakfast radio presenter Ash Bradnam on a fishing trip south, from the Gold Coast to Ballina and Yamba. | **G**  +7CTC18-022+ |

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| 06:30 | **Baked In Vermont: Picnic For Two (R)**  When the weather is nice, there's nothing that Gesine Prado and Ray enjoy more than eating outdoors under the beautiful Vermont sky. | **PG**  +BAVE02-008+ |

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| 07:00 | **Giada At Home: Game Day Goodies (R)**  Giada De Laurentiis creates her spin on foods to enjoy while watching the big game. The menu includes Sticky Pork Ribs With Balsamic Barbecue Sauce snd Sweet Potato Tots With Dill Dust. | **PG**  +GIHO06-013+ |

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| 07:30 | **The Kitchen: Get Your Grill On (R)**  A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG**  +TKIT13-008+ |

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| 08:30 | **Better Homes And Gardens (R) ’CC’**  Joh takes you through the ins and outs of pre-fab extension homes. Karen makes salted caramel with mango and ginger. Graham shows you how to make hanging baskets. | **G**  +BHAG24-004+ |

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| 09:30 | **Intolerant Cooks: Ep 9 - That's No Weed! (R)**  Join witty food intolerants as they create delicious recipes using fresh regional produce for those with food sensitivities. | **PG**  +INTC04-009+ |

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| 10:00 | **Intolerant Cooks: Ep 10 - Fonda For Your Bonda! (R)**  Join witty food intolerants as they create delicious recipes using fresh regional produce for those with food sensitivities. | **PG**  +INTC04-010+ |

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| 10:30 | **Giada At Home: Black And White**  Chocolate is the star ingredient as Giada De Laurentiis creates three irresistible and unique recipes. | **PG**  +GIHO06-014+ |

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| 11:00 | **The Kitchen: Get Your Grill On (R)**  A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG**  +TKIT13-008+ |

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| 12:00 | **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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| 13:00 | **Giada At Home: Game Day Goodies (R)**  Giada De Laurentiis creates her spin on foods to enjoy while watching the big game. The menu includes Sticky Pork Ribs With Balsamic Barbecue Sauce snd Sweet Potato Tots With Dill Dust. | **PG**  +GIHO06-013+ |

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| 13:30 | **Chopped: Greater Tater (R)**  The chefs learn that their competition has a potato theme, with spuds of some kind in every basket. The chefs must incorporate two tater products into their Canadian bacon appetizers. | **PG**  +CHPD34-013+ |

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| 14:30 | **The Kitchen: Serve Up Some Summer NEW EPISODE**  A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG**  +TKIT13-009+ |

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| 15:30 | **Baked In Vermont: Campfire Bake NEW EPISODE**  Gesine Prado is baking over an open flame as she and Ray help move their good friend and park ranger Agnes into her station for the season. | **PG**  +BAVE02-009+ |

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| 16:00 | **Giada At Home: Black And White (R)**  Chocolate is the star ingredient as Giada De Laurentiis creates three irresistible and unique recipes. | **PG**  +GIHO06-014+ |

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| 16:30 | **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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| 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: Smorgastarta Your Engines 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**  +CHPD31-001+ |

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

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| 20:30 | **Ramsay's Kitchen Nightmares: Momma Cherri's (R) ’CC’**  Gordon visits an intimate forty-seater restaurant, a stone's throw from Brighton's sea front. Owner Charita, produces a menu of irresistibly unique classics from the Deep South, but with no customers. | **M (L)**  +RAKN02-003+ |

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| 21:30 | **Ramsay's Kitchen Nightmares: La Riviera (R) ’CC’**  Gordon visits La Riveria, a French restaurant staffed by Michelin star chefs. While head chef Loic is hungry for success, he's arrogant, the food's pretentious and the locals aren't biting. | **MA (L)**  +RAKN02-004+ |

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| 22:30 | **Ramsay's Hotel Hell: The Keating (R) ’CC’**  Gordon Ramsay tries to save a landmark San Diego hotel. Starring:GORDON RAMSAY | **M (L)**  +HELL01-002+ |

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| 23:30 | **Chopped: Smorgastarta Your Engines (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**  +CHPD31-001+ |

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| 00:30 | **Sydney Weekender (R) ’CC’**  Sydney Weekender travels around Sydney and throughout New South Wales to explore the best places to stay, eat and play, and to help you make the most of your weekend. | **G**  +7SWE25-046+ |

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| 01:00 | **The Great Day Out (R) ’CC’**  Join Sofie for part two of her Tangalooma Adventure. Alastair has the difficult job of tasting Brisbane's best fish and chips. Plus discus and hammer thrower, Matthew Denny shares his Great Day Out. | **G**  +GDOT18-004+ |

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| 01:30 | **Queensland Weekender (R) ’CC’**  Lee discovers Fraser Island's beauty spots in just one day. Plus, Liz learns about the farming behind the food we eat. | **G**  +7QWE18-007+ |

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| 02:00 | **Creek To Coast (R) ’CC’**  Olivia is in Rockhampton, a town full of mad keen fishers. Billy is getting down and dirty and Scott is pulling in big ones with mate Andrew. | **G**  +7CTC18-023+ |

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| 02:30 | **SA Weekender ’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**  +SAWE18-008+ |

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| 03:00 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-011+ |

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| 03:30 | **Sydney Weekender (R) ’CC’**  Sydney Weekender travels around Sydney and throughout New South Wales to explore the best places to stay, eat and play, and to help you make the most of your weekend. | **G**  +7SWE25-046+ |

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| 04:00 | **The Great Day Out (R) ’CC’**  Join Sofie for part two of her Tangalooma Adventure. Alastair has the difficult job of tasting Brisbane's best fish and chips. Plus discus and hammer thrower, Matthew Denny shares his Great Day Out. | **G**  +GDOT18-004+ |

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| 04:30 | **Queensland Weekender (R) ’CC’**  Lee discovers Fraser Island's beauty spots in just one day. Plus, Liz learns about the farming behind the food we eat. | **G**  +7QWE18-007+ |

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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**  +SAWE18-008+ |

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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**  +HIWA21-011+ |

**Friday 18 January 2019**

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| 06:00 | **Creek To Coast (R) ’CC’**  Olivia is in Rockhampton, a town full of mad keen fishers. Billy is getting down and dirty and Scott is pulling in big ones with mate Andrew. | **G**  +7CTC18-023+ |

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| 06:30 | **Baked In Vermont: Campfire Bake (R)**  Gesine Prado is baking over an open flame as she and Ray help move their good friend and park ranger Agnes into her station for the season. | **PG**  +BAVE02-009+ |

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| 07:00 | **Giada At Home: Black And White (R)**  Chocolate is the star ingredient as Giada De Laurentiis creates three irresistible and unique recipes. | **PG**  +GIHO06-014+ |

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| 07:30 | **The Kitchen: Serve Up Some Summer (R)**  A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG**  +TKIT13-009+ |

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

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| 09:30 | **Better Homes And Gardens (R) ’CC’**  Joh and Pete visit a home with sustainable features. Karen makes a date and honey ricotta tart. Fast Ed makes baked croissants ahead of Mother's Day. Adam shows how to make a jewellery box. | **G**  +BHAG24-013+ |

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| 10:30 | **Giada At Home: Cocktails And Appetizers**  Giada De Laurentiis hosts a poolside cocktail party, but the appetizers are finger food versions of traditional breakfast foods like French Toast Fingers With Ginger Bourbon Maple Syrup. | **PG**  +GIHO06-015+ |

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| 11:00 | **The Kitchen: Serve Up Some Summer (R)**  A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG**  +TKIT13-009+ |

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| 12:00 | **Guy's Grocery Games: Last Judge Standing Tournament, Pt. 3 (R)**  Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG**  +GUGG15-007+ |

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| 13:00 | **Giada At Home: Black And White (R)**  Chocolate is the star ingredient as Giada De Laurentiis creates three irresistible and unique recipes. | **PG**  +GIHO06-014+ |

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| 13:30 | **Chopped: Smorgastarta Your Engines (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**  +CHPD31-001+ |

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| 14:30 | **The Kitchen: Summer Sides NEW EPISODE**  A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG**  +TKIT13-010+ |

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| 15:30 | **Baked In Vermont: Vermont Country Boil NEW EPISODE**  Gesine Prado's friends from down south are coming up to visit their kids attending university nearby so she's throwing a Vermont-style Low Country boil for them. | **PG**  +BAVE02-010+ |

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| 16:00 | **Giada At Home: Cocktails And Appetizers (R)**  Giada De Laurentiis hosts a poolside cocktail party, but the appetizers are finger food versions of traditional breakfast foods like French Toast Fingers With Ginger Bourbon Maple Syrup. | **PG**  +GIHO06-015+ |

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| 16:30 | **Better Homes And Gardens (R) ’CC’**  Joh and Pete visit a home with sustainable features. Karen makes a date and honey ricotta tart. Fast Ed makes baked croissants ahead of Mother's Day. Adam shows how to make a jewellery box. | **G**  +BHAG24-013+ |

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| 17:30 | **Guy's Grocery Games: Last Judge Standing Tournament, Pt. 3 (R)**  Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG**  +GUGG15-007+ |

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| 18:30 | **Chopped: Tailgate Greats 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**  +CHPD31-002+ |

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| 19:30 | **Bizarre Foods With Andrew Zimmern: Venice NEW EPISODE**  Andrew escapes to the romantic and mystical city of Venice where he first began his love affair with food. | **PG (A)**  +BIFO04-006+ |

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| 20:30 | **Cutthroat Kitchen: Gn-Cchi Victory NEW EPISODE**  As they make gnocchi, one chef has to wear a potato masher on their hand. Then someone cooks drunken noodles on a keg of fire. | **PG**  +CUTK06-013+ |

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| 21:30 | **Cutthroat Kitchen: Crabs Of Steel NEW EPISODE**  Cutthroat Kitchen hands four chefs $25,000 and the opportunity to spend that money on helping themselves or sabotaging their competitors. | **PG**  +CUTK05-001+ |

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| 22:30 | **Bizarre Foods With Andrew Zimmern: Venice (R)**  Andrew escapes to the romantic and mystical city of Venice where he first began his love affair with food. | **PG (A)**  +BIFO04-006+ |

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| 23:30 | **Chopped: Tailgate Greats (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**  +CHPD31-002+ |

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| 00:30 | **Sydney Weekender (R) ’CC’**  This year, Sydney Weekender turns 25. To celebrate, Mike cruises around Sydney Harbour with Barefoot Charters. Mel heads to Scenic World in the Blue Mountains. Lizzy heads to Australian Reptile Park. Starring:ERICA DAVIS,LUKE CARROLL,LIZZY LOVETTE,MEL SYMONS,MIKE WHITNEY | **G**  +7SWE25-001+ |

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| 01:00 | **The Great Day Out (R) ’CC’**  We've got your guide to the Gold Coast 2018 Commonwealth Games from the behind-the-scenes preparations to free events and much more. | **G**  +GDOT18-005+ |

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| 01:30 | **Queensland Weekender (R) ’CC’**  Kip visits the biggest country and roots festival down under. Lee is going under the sea for the first time, Curtis is soaring over the Sunshine Coast, plus we meet the King of Wings. | **G**  +7QWE18-008+ |

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| 02:00 | **Creek To Coast (R) ’CC’**  Olivia is up in Rocky with Women that Fish, Duane is swimming with whales, Andrew has an easy recipe and Scotty is testing his fear of heights over the Fraser Coast hidden gem, Rainbow Beach. | **G**  +7CTC18-024+ |

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| 02:30 | **SA Weekender ’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**  +SAWE18-009+ |

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| 03:00 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-012+ |

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| 03:30 | **Sydney Weekender (R) ’CC’**  This year, Sydney Weekender turns 25. To celebrate, Mike cruises around Sydney Harbour with Barefoot Charters. Mel heads to Scenic World in the Blue Mountains. Lizzy heads to Australian Reptile Park. Starring:ERICA DAVIS,LUKE CARROLL,LIZZY LOVETTE,MEL SYMONS,MIKE WHITNEY | **G**  +7SWE25-001+ |

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| 04:00 | **The Great Day Out (R) ’CC’**  We've got your guide to the Gold Coast 2018 Commonwealth Games from the behind-the-scenes preparations to free events and much more. | **G**  +GDOT18-005+ |

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| 04:30 | **Queensland Weekender (R) ’CC’**  Kip visits the biggest country and roots festival down under. Lee is going under the sea for the first time, Curtis is soaring over the Sunshine Coast, plus we meet the King of Wings. | **G**  +7QWE18-008+ |

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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**  +SAWE18-009+ |

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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**  +HIWA21-012+ |

**Saturday 19 January 2019**

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| 06:00 | **Creek To Coast (R) ’CC’**  Olivia is up in Rocky with Women that Fish, Duane is swimming with whales, Andrew has an easy recipe and Scotty is testing his fear of heights over the Fraser Coast hidden gem, Rainbow Beach. | **G**  +7CTC18-024+ |

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| 06:30 | **Baked In Vermont: Vermont Country Boil (R)**  Gesine Prado's friends from down south are coming up to visit their kids attending university nearby so she's throwing a Vermont-style Low Country boil for them. | **PG**  +BAVE02-010+ |

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| 07:00 | **Giada At Home: Cocktails And Appetizers (R)**  Giada De Laurentiis hosts a poolside cocktail party, but the appetizers are finger food versions of traditional breakfast foods like French Toast Fingers With Ginger Bourbon Maple Syrup. | **PG**  +GIHO06-015+ |

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| 07:30 | **The Kitchen: Summer Sides (R)**  A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG**  +TKIT13-010+ |

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| 08:30 | **Cutthroat Kitchen: Gn-Cchi Victory (R)**  As they make gnocchi, one chef has to wear a potato masher on their hand. Then someone cooks drunken noodles on a keg of fire. | **PG**  +CUTK06-013+ |

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| 09:30 | **Cutthroat Kitchen: Crabs Of Steel (R)**  Cutthroat Kitchen hands four chefs $25,000 and the opportunity to spend that money on helping themselves or sabotaging their competitors. | **PG**  +CUTK05-001+ |

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| 10:30 | **Giada At Home: All Grown Up**  Giada De Laurentiis makes three comforting recipes that we all know and love from our childhood, but gives each recipe a grown-up spin. | **PG**  +GIHO06-016+ |

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| 11:00 | **The Kitchen: Summer Sides (R)**  A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG**  +TKIT13-010+ |

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| 12:00 | **Bizarre Foods With Andrew Zimmern: Venice (R)**  Andrew escapes to the romantic and mystical city of Venice where he first began his love affair with food. | **PG (A)**  +BIFO04-006+ |

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| 13:00 | **Cutthroat Kitchen: Gn-Cchi Victory (R)**  As they make gnocchi, one chef has to wear a potato masher on their hand. Then someone cooks drunken noodles on a keg of fire. | **PG**  +CUTK06-013+ |

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| 14:00 | **Cutthroat Kitchen: Crabs Of Steel (R)**  Cutthroat Kitchen hands four chefs $25,000 and the opportunity to spend that money on helping themselves or sabotaging their competitors. | **PG**  +CUTK05-001+ |

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| 15:00 | **Chopped: Tailgate Greats (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**  +CHPD31-002+ |

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| 16:00 | **Giada At Home: All Grown Up (R)**  Giada De Laurentiis makes three comforting recipes that we all know and love from our childhood, but gives each recipe a grown-up spin. | **PG**  +GIHO06-016+ |

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| 16:30 | **Ten Dollar Dinners: Catch Of The Day Cookout NEW EPISODE**  Melissa d'Arabian takes grilling beyond steaks and burgers with a light fish menu. | **PG**  +TEDD07-008+ |

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| 17:00 | **Rachael Ray's Week In A Day: Soups, Stews And Sloppy Lous NEW EPISODE**  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**  +WIAD05-009+ |

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| 18:00 | **Guy's Grocery Games: Last Judge Standing Tournament Finale: Judgement Day NEW EPISODE**  Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG**  +GUGG15-009+ |

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

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| 20:00 | **Iron Chef America: Forgione VS. Dang NEW EPISODE**  Vietnamese Chef Thai Dang fishes for a win from the Chairman during his battle against Iron Chef Marc Forgione. Judges Jonathan Waxman and Tanya Holland will determine a winner. | **PG**  +ICAM13-007+ |

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| 21:00 | **Iron Chef America: Guarnaschelli VS. Williams NEW EPISODE**  Boston Chef Douglass Williams makes the most of a little vegetable in a battle against Iron Chef Alex Guarnaschelli. Ming-Na Wen and John T. Edge will determine which chef triumphs. | **PG**  +ICAM13-008+ |

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| 22:00 | **Throwdown With Bobby Flay: Salmon Chowder NEW EPISODE**  Written up continuously in Seattle's "Best of" categories, these chefs are confident in the kitchen but what will happen when Chef Bobby Flay shows up to Throwdown his own version of Salmon Chowder? | **PG**  +TWBF09-004+ |

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| 22:30 | **Guy's Grocery Games: Last Judge Standing Tournament Finale: Judgement Day (R)**  Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG**  +GUGG15-009+ |

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| 23:30 | **Ten Dollar Dinners: Catch Of The Day Cookout (R)**  Melissa d'Arabian takes grilling beyond steaks and burgers with a light fish menu. | **PG**  +TEDD07-008+ |

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| 00:00 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-013+ |

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| 00:30 | **Sydney Weekender (R) ’CC’**  Mike heads to Corowa, checking out its whiskey, chocolate and more. Karen gets a preview of Mamma Mia The Musical. Teigan heads to Golden Ridge Animal Farm. Starring:ERICA DAVIS,KAREN LEDBURY,SALLY STANTON,MIKE WHITNEY,TEIGAN NASH | **G**  +7SWE25-002+ |

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| 01:00 | **The Great Day Out (R) ’CC’**  The whole team is exploring the best of Brisbane and we get the details on what's planned for the future from the man in the know, Lord Mayor Graham Quirk. | **G**  +GDOT18-006+ |

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| 01:30 | **Queensland Weekender (R) ’CC’**  Lee puts his new dive ticket into practice and meets the Warriors of the Reef. | **G**  +7QWE18-009+ |

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| 02:00 | **Creek To Coast (R) ’CC’**  Scotty is doing some modelling, don't worry it's for a good cause, before wetting a line in Townsville. Bridget is all revved up in her hometown of Pittsworth and Roger has left the bitumen behind. | **G**  +7CTC18-025+ |

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| 02:30 | **SA Weekender ’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**  +SAWE18-010+ |

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| 03:00 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-013+ |

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