**Sunday 16 June 2019**

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| 06:00 | **Around The World With Manu: India (R)**  Manu's travels in Dubai were incredible, but it's time to get serious with his journey and make tracks. A short flight to Mumbai, and he is in India for the first time in his life. | **PG**  +AWWM01-003+ |

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| 07:00 | **Guy's Grocery Games: DDD Holiday Showdown (R)**  Guy Fieri has invited four members of his Triple D family to Flavortown for a Holiday Throwdown. | **PG**  +GUGG16-005+ |

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| 08:00 | **My Greek Odyssey (R) ’CC’**  A 13-part Television series that takes viewers to some of the most spectacular and unique islands in Greece. | **PG**  +MYGO01-001+ |

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| 09:00 | **Iron Chef America: Symon Vs. Okuwa (R)**  Chef Makoto Okuwa enters Kitchen Stadium for the 1st time as a challenger. | **PG**  +ICAM08-016+ |

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| 10:00 | **Iron Chef America: Morimoto Vs. Hines (R)**  Celebrated Seattle Chef Maria Hines challenges Iron Chef Morimoto. | **PG**  +ICAM08-017+ |

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| 11:00 | **Diners, Drive-Ins and Dives: From Pound Cake To Pot Pie (R)**  Guy's pullin' in for a mishmash of comfort food. In Philadelphia, the low country joint dishing out unique North African chicken and sour cream pound cake. | **PG**  +DDID17-009+ |

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| 11:30 | **Diners, Drive-Ins and Dives: All San Diego, All The Time (R)**  Guy's heading to San Diego for some favorites, old and new. In Ocean Beach, Calif., Guy's hittin' up a legendary surfer spot for some righteous burgers with an old buddy. | **PG**  +DDID17-010+ |

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| 12:00 | **Guy's Grocery Games: DDD Holiday Showdown (R)**  Guy Fieri has invited four members of his Triple D family to Flavortown for a Holiday Throwdown. | **PG**  +GUGG16-005+ |

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| 13:00 | **Around The World With Manu: India (R)**  Manu's travels in Dubai were incredible, but it's time to get serious with his journey and make tracks. A short flight to Mumbai, and he is in India for the first time in his life. | **PG**  +AWWM01-003+ |

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| 14:00 | **Diners, Drive-Ins and Dives: From Pound Cake To Pot Pie (R)**  Guy's pullin' in for a mishmash of comfort food. In Philadelphia, the low country joint dishing out unique North African chicken and sour cream pound cake. | **PG**  +DDID17-009+ |

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| 15:00 | **Guy's Grocery Games: DDD Holiday Showdown (R)**  Guy Fieri has invited four members of his Triple D family to Flavortown for a Holiday Throwdown. | **PG**  +GUGG16-005+ |

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| 16:00 | **Iron Chef America: Symon Vs. Okuwa (R)**  Chef Makoto Okuwa enters Kitchen Stadium for the 1st time as a challenger. | **PG**  +ICAM08-016+ |

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| 17:00 | **Iron Chef America: Morimoto Vs. Hines (R)**  Celebrated Seattle Chef Maria Hines challenges Iron Chef Morimoto. | **PG**  +ICAM08-017+ |

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| 18:00 | **Kid's Baking Championship: Ice Screamers (R)**  In a moment of serendipity, Duff Goldman and Valerie Bertinelli create an ice cream sandwich with a doughnut... which gives them a great idea. | **PG**  +KBAC05-003+ |

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| 19:00 | **Ridiculous Cakes: Pinball Wizard (R)**  Torrential rains threaten a nearly 6-foot-tall ostrich cake, and things get sticky when a client orders a gumbo cake for his restaurant anniversary. | **PG**  +RICA02-004+ |

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| 19:30 | **Cake Wars: Roald Dahl (R)**  Beloved icons James and the Giant Peach, Charlie and the Chocolate Factory, and the BFG come to the Cake Wars kitchen to celebrate the 100th birthday of world-famous children's author Roald Dahl. | **PG**  +CAKW04-003+ |

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| 20:30 | **Ramsay's Hotel Hell: Hotel Chester (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)**  +HELL02-004+ |

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| 21:30 | **Cupcake Wars: L.A. Marathon NEW EPISODE**  Four cupcake bakers fight for a place at a VIP party celebrating the 2012 Los Angeles Marathon. | **PG**  +CUPW05-008+ |

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| 22:30 | **Cupcake Wars: Cody Simpson (R)**  Mother knows best as four mother-daughter teams compete for the chance to go backstage with pop idol Cody Simpson and serve their cupcakes at an exclusive fan event. | **PG**  +CUPW07-003+ |

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| 23:30 | **Ridiculous Cakes: Pinball Wizard (R)**  Torrential rains threaten a nearly 6-foot-tall ostrich cake, and things get sticky when a client orders a gumbo cake for his restaurant anniversary. | **PG**  +RICA02-004+ |

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| 00:00 | **Cake Wars: Roald Dahl (R)**  Beloved icons James and the Giant Peach, Charlie and the Chocolate Factory, and the BFG come to the Cake Wars kitchen to celebrate the 100th birthday of world-famous children's author Roald Dahl. | **PG**  +CAKW04-003+ |

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| 01:00 | **Queensland Weekender (R) ’CC’**  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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| 01:30 | **Creek To Coast (R) ’CC’**  Roger is answering your emails and taking a sledgehammer to his canopy. Andrew shows barbequing at its best, Olivia is exploring Vanuatu and it is all about the bass for Scotty at Lake Borumba. | **G**  +7CTC19-006+ |

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| 02:00 | **The Great Day Out (R) ’CC’**  This week, on the Great Day Out, we've got the coasts covered. Curtis McGrath seeks after dark spooky thrills in Surfers Paradise and Nathan Spurling indulges in the Sunny Coast's over-the-top treats. | **G**  +GDOT18-013+ |

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

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike goes to Lake Macquarie for a weekend of thrills and chills! Mike dares! Mike wins! Mel visits the Gold Coast's Bleach Festival. Sally goes to Jindabyne to check out the best places to eat. | **G**  +7SWE26-007+ |

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

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| 04:00 | **Queensland Weekender (R) ’CC’**  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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| 05:30 | **Home In WA (R) ’CC’**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-002+ |

**Monday 17 June 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike goes to Lake Macquarie for a weekend of thrills and chills! Mike dares! Mike wins! Mel visits the Gold Coast's Bleach Festival. Sally goes to Jindabyne to check out the best places to eat. | **G**  +7SWE26-007+ |

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| 06:30 | **Kid's Baking Championship: Ice Screamers (R)**  In a moment of serendipity, Duff Goldman and Valerie Bertinelli create an ice cream sandwich with a doughnut... which gives them a great idea. | **PG**  +KBAC05-003+ |

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| 07:30 | **Cake Wars: Roald Dahl (R)**  Beloved icons James and the Giant Peach, Charlie and the Chocolate Factory, and the BFG come to the Cake Wars kitchen to celebrate the 100th birthday of world-famous children's author Roald Dahl. | **PG**  +CAKW04-003+ |

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| 08:30 | **Cupcake Wars: L.A. Marathon (R)**  Four cupcake bakers fight for a place at a VIP party celebrating the 2012 Los Angeles Marathon. | **PG**  +CUPW05-008+ |

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| 09:30 | **Cupcake Wars: Cody Simpson (R)**  Mother knows best as four mother-daughter teams compete for the chance to go backstage with pop idol Cody Simpson and serve their cupcakes at an exclusive fan event. | **PG**  +CUPW07-003+ |

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| 10:30 | **Better Homes And Gardens (R) ’CC’**  Joh and Jamie tour an incredible home in rural Victoria that combines design with sustainability. Ed makes slow roasted pork with mandarin sauce. Dr Harry visits a dog who chews cleaning related items Starring:JAMIE DURIE | **G**  +BHAG25-020+ |

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| 12:00 | **Cupcake Wars: L.A. Marathon (R)**  Four cupcake bakers fight for a place at a VIP party celebrating the 2012 Los Angeles Marathon. | **PG**  +CUPW05-008+ |

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| 13:00 | **Cupcake Wars: Cody Simpson (R)**  Mother knows best as four mother-daughter teams compete for the chance to go backstage with pop idol Cody Simpson and serve their cupcakes at an exclusive fan event. | **PG**  +CUPW07-003+ |

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| 14:00 | **Kid's Baking Championship: Ice Screamers (R)**  In a moment of serendipity, Duff Goldman and Valerie Bertinelli create an ice cream sandwich with a doughnut... which gives them a great idea. | **PG**  +KBAC05-003+ |

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| 15:00 | **Ridiculous Cakes: Pinball Wizard (R)**  Torrential rains threaten a nearly 6-foot-tall ostrich cake, and things get sticky when a client orders a gumbo cake for his restaurant anniversary. | **PG**  +RICA02-004+ |

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| 15:30 | **Easy Chinese: Fusion Super Stars**  Ching-He Huang sees how superstar chefs have incorporated their favourite elements of Chinese cuisine into their restaurant's menu. | **PG**  +EACH02-009+ |

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| 16:00 | **House Of Wellness (R) ’CC’**  Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Rachael Finch, Jo Stanley and Luke Hines. | **PG**  +HOWL03-017+ |

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| 17:00 | **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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| 17:30 | **The Kitchen: Flavors That Whisk You Away (R)**  The gang takes a tropical trip and Katie Lee begins with her Slow Cooker Hawaiian Pulled Pork, then Jeff Mauro serves up a crispy Hash Brown Crusted Halibut. | **PG**  +TKIT15-012+ |

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| 18:30 | **Chopped: Viewers' Vengeance (R)**  Extra difficult baskets are guaranteed when four lucky chefs arrive in the Chopped Kitchen for a viewers' choice competition! | **PG**  +CHPD31-016+ |

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| 19:30 | **Kid's Baking Championship: Imposters Italiano (R)**  Valerie Bertinelli and Duff Goldman love Italian food so much they're challenging the bakers to create lasagne dessert imposters. | **PG**  +KBAC05-004+ |

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| 20:30 | **Cake Wars: Party Animals NEW EPISODE**  Even hippos love cake, and Cake Wars is celebrating the first birthday of Rosie the baby hippo from the Los Angeles Zoo! Four bakers go to battle for the chance to have their amazing cake creation. | **PG**  +CAKW02-008+ |

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| 21:30 | **Spring Baking Championship: Sweet Vacations (R)**  The eight remaining bakers must make tropical desserts and destination doughnuts based on locations such as a poolside dessert, a spring cruise and a Vegas getaway. | **PG**  +SPBC03-002+ |

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| 22:30 | **Kid's Baking Championship: Imposters Italiano (R)**  Valerie Bertinelli and Duff Goldman love Italian food so much they're challenging the bakers to create lasagne dessert imposters. | **PG**  +KBAC05-004+ |

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| 23:30 | **Chopped: Viewers' Vengeance (R)**  Extra difficult baskets are guaranteed when four lucky chefs arrive in the Chopped Kitchen for a viewers' choice competition! | **PG**  +CHPD31-016+ |

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

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| 01:00 | **Queensland Weekender (R) ’CC’**  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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| 01:30 | **Creek To Coast (R) ’CC’**  Olivia enjoys some retail therapy in Vanuatu, Liz gets carried away on the Pumicestone Passage, Andrew cooks up an easy prawn recipe and Scotty is boating in his backyard. | **G**  +7CTC19-007+ |

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| 02:00 | **The Great Day Out (R) ’CC’**  This week on The Great Day Out it's all about fabulous scenery, fine food and fascinating people - they're the key ingredients of Scenic Rim Eat Local Week. | **G**  +GDOT18-014+ |

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

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike visits the Dolphin Marine Conservation Park at Coffs Harbour. Luke visits the largest llama stud in NSW. Candice shows how to save big bucks on a day out at some Sydney favourites. | **G**  +7SWE26-008+ |

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

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| 04:00 | **Queensland Weekender (R) ’CC’**  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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| 04:30 | **Creek To Coast (R) ’CC’**  Olivia enjoys some retail therapy in Vanuatu, Liz gets carried away on the Pumicestone Passage, Andrew cooks up an easy prawn recipe and Scotty is boating in his backyard. | **G**  +7CTC19-007+ |

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| 05:00 | **The Great Day Out (R) ’CC’**  This week on The Great Day Out it's all about fabulous scenery, fine food and fascinating people - they're the key ingredients of Scenic Rim Eat Local Week. | **G**  +GDOT18-014+ |

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

**Tuesday 18 June 2019**

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| 06:00 | **Spring Baking Championship: Sweet Vacations (R)**  The eight remaining bakers must make tropical desserts and destination doughnuts based on locations such as a poolside dessert, a spring cruise and a Vegas getaway. | **PG**  +SPBC03-002+ |

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| 07:00 | **Easy Chinese: Fusion Super Stars (R)**  Ching-He Huang sees how superstar chefs have incorporated their favourite elements of Chinese cuisine into their restaurant's menu. | **PG**  +EACH02-009+ |

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| 07:30 | **The Kitchen: Flavors That Whisk You Away (R)**  The gang takes a tropical trip and Katie Lee begins with her Slow Cooker Hawaiian Pulled Pork, then Jeff Mauro serves up a crispy Hash Brown Crusted Halibut. | **PG**  +TKIT15-012+ |

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| 08:30 | **Cake Wars: Party Animals (R)**  Even hippos love cake, and Cake Wars is celebrating the first birthday of Rosie the baby hippo from the Los Angeles Zoo! Four bakers go to battle for the chance to have their amazing cake creation. | **PG**  +CAKW02-008+ |

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| 09:30 | **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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| 10:00 | **Easy Chinese: Fusion Super Stars (R)**  Ching-He Huang sees how superstar chefs have incorporated their favourite elements of Chinese cuisine into their restaurant's menu. | **PG**  +EACH02-009+ |

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| 10:30 | **Barefoot Contessa: Eat Your Greens (R)**  Ina's got vegetable ideas for every day of the week, when you're stuck in a vegetable rut: Spring Green Risotto With Artichokes, Mustard-Roasted Potatoes. | **PG**  +BARE07-005+ |

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| 11:00 | **Spring Baking Championship: Sweet Vacations (R)**  The eight remaining bakers must make tropical desserts and destination doughnuts based on locations such as a poolside dessert, a spring cruise and a Vegas getaway. | **PG**  +SPBC03-002+ |

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| 12:00 | **The Kitchen: Hearty And Healthy (R)**  The Kitchen is making flavorful and veggie-packed recipes. Jeff Mauro shares his Chicken Pot Pie with Butternut Squash Gravy and Katie Lee adds her Chicken Alfredo Spaghetti Squash Boats to the menu. | **PG**  +TKIT15-011+ |

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| 13:00 | **Chopped: Viewers' Vengeance (R)**  Extra difficult baskets are guaranteed when four lucky chefs arrive in the Chopped Kitchen for a viewers' choice competition! | **PG**  +CHPD31-016+ |

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| 16:30 | **Easy Chinese: Exploring Chinese-American Classics**  Ching-He Huang explores Americans' favorite Chinese food and how it differs from the Chinese cuisine found in China. | **PG**  +EACH02-010+ |

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| 17:00 | **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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| 17:30 | **The Kitchen: Dining On A Dime (R)**  The Kitchen hosts are sharing tips for money-saving meals and dollar-stretching deals, starting with Sunny Anderson's Meat N' Potatoes Bundt Loaf. | **PG**  +TKIT15-013+ |

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| 18:30 | **Chopped: Betting On The Farm (R)**  The chefs are treated to some farm-fresh basket ingredients directly from the source! | **PG**  +CHPD31-017+ |

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| 19:30 | **Mystery Diners: Trademark Trouble**  A San Diego restaurant owner fears that someone within his organization is trying to steal his signature sandwich. | **PG**  +MYSD07-005+ |

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| 20:00 | **Mystery Diners: Customer Concerns**  The owner of "730 South" in Denver, worries that his regular customers are guilty of acting entitled and asks Charles and the team to get to the bottom of the problem. | **PG**  +MYSD07-006+ |

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| 20:30 | **Restaurant Impossible: Stella's Italian Restaurant DOUBLE EPISODE**  Chef Robert Irvine is on the move... this time to Stratford, Connecticut. | **PG**  +RIMP04-005+ |

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| 21:30 | **Restaurant Impossible: Gusanoz Mexican Restaurant**  Chef Robert Irvine heads to the small town of Lebanon, New Hampshire. | **PG**  +RIMP04-006+ |

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

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| 23:30 | **Chopped: Betting On The Farm (R)**  The chefs are treated to some farm-fresh basket ingredients directly from the source! | **PG**  +CHPD31-017+ |

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

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| 01:00 | **Queensland Weekender (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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| 01:30 | **Creek To Coast (R) ’CC’**  Scotty enjoys the thrills of sight fishing for Saratoga. Olivia tries wakeboarding. We find out what is in Roothy's shed while Roger has tips on how to get yourself out, when bogged on the beach. | **PG**  +7CTC19-008+ |

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| 02:00 | **The Great Day Out (R) ’CC’**  Blair uncovers secret museums; Jess explores Ipswich in an unconventional way and Kendall Gilding shares her great day out. | **G**  +GDOT18-015+ |

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

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike finds a piece of paradise on Norfolk Island. Lizzy is eating her dessert first at Junee Liquorice & Chocolate Factory. Matt's heading west to soak up some adrenalin. | **G**  +7SWE26-009+ |

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

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

**Wednesday 19 June 2019**

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| 06:00 | **Restaurant Impossible: Stella's Italian Restaurant (R)**  Chef Robert Irvine is on the move... this time to Stratford, Connecticut. | **PG**  +RIMP04-005+ |

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| 07:00 | **Easy Chinese: Exploring Chinese-American Classics (R)**  Ching-He Huang explores Americans' favorite Chinese food and how it differs from the Chinese cuisine found in China. | **PG**  +EACH02-010+ |

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| 07:30 | **The Kitchen: Dining On A Dime (R)**  The Kitchen hosts are sharing tips for money-saving meals and dollar-stretching deals, starting with Sunny Anderson's Meat N' Potatoes Bundt Loaf. | **PG**  +TKIT15-013+ |

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| 08:30 | **Mystery Diners: Trademark Trouble (R)**  A San Diego restaurant owner fears that someone within his organization is trying to steal his signature sandwich. | **PG**  +MYSD07-005+ |

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| 09:00 | **Mystery Diners: Customer Concerns (R)**  The owner of "730 South" in Denver, worries that his regular customers are guilty of acting entitled and asks Charles and the team to get to the bottom of the problem. | **PG**  +MYSD07-006+ |

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| 09:30 | **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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| 10:00 | **Easy Chinese: Exploring Chinese-American Classics (R)**  Ching-He Huang explores Americans' favorite Chinese food and how it differs from the Chinese cuisine found in China. | **PG**  +EACH02-010+ |

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| 10:30 | **Barefoot Contessa: Off Duty (R)**  This is all about what professional cooks make at home when they're off the clock from dawn to dusk. Fantastic quick and easy recipes and top tips from the chefs and cooks in the know for us to try. | **PG**  +BARE07-006+ |

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| 11:00 | **Restaurant Impossible: Gusanoz Mexican Restaurant (R)**  Chef Robert Irvine heads to the small town of Lebanon, New Hampshire. | **PG**  +RIMP04-006+ |

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| 12:00 | **The Kitchen: Flavors That Whisk You Away (R)**  The gang takes a tropical trip and Katie Lee begins with her Slow Cooker Hawaiian Pulled Pork, then Jeff Mauro serves up a crispy Hash Brown Crusted Halibut. | **PG**  +TKIT15-012+ |

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| 13:00 | **Chopped: Betting On The Farm (R)**  The chefs are treated to some farm-fresh basket ingredients directly from the source! | **PG**  +CHPD31-017+ |

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| 14:00 | **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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| 14:30 | **Restaurant Impossible: Stella's Italian Restaurant (R)**  Chef Robert Irvine is on the move... this time to Stratford, Connecticut. | **PG**  +RIMP04-005+ |

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| 15:30 | **Restaurant Impossible: Gusanoz Mexican Restaurant (R)**  Chef Robert Irvine heads to the small town of Lebanon, New Hampshire. | **PG**  +RIMP04-006+ |

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| 16:30 | **Easy Chinese: Sweet Chinese**  Ching-He Huang sets out to show the unseen side of Chinese cuisine - the delicious sweets. | **PG**  +EACH02-011+ |

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| 17:00 | **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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| 17:30 | **The Kitchen: Grillin' And Chillin' (R)**  The Kitchen is grillin' and chillin' for summer. Marcela Valladolid kicks off a triple-threat meal with her Grilled Adobo Rubbed Chicken. | **PG**  +TKIT14-001+ |

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| 18:30 | **Chopped: Sweet Heat (R)**  First, it's a pizza puzzle when the chefs open the appetizer basket to find something that's called pizza but doesn't look or taste like the dish they know and love. | **PG**  +CHPD31-018+ |

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| 19:30 | **Restaurant: Impossible: Ungratifying (R)**  Chef Robert Irvine is in Houston, Texas, for his latest mission, to help turn around Kevin's restaurant, gratifying kitchen and bar. | **PG**  +RIMP08-005+ |

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| 20:30 | **Hell's Kitchen USA NEW EPISODE**  The chefs compete in a blind taste test, which wrong answers lead to a dip in a dunk tank, and the winning team gets to spend the day at the Santa Monica Pier. | **M (L)**  +HEKI13-011+ |

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| 21:30 | **Hell's Kitchen USA NEW EPISODE**  The remaining seven chefs are challenged to make an artistic amuse-bouche inspired by speed painter Tim Decker. | **M (L)**  +HEKI13-012+ |

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| 22:30 | **Restaurant: Impossible: Ungratifying (R)**  Chef Robert Irvine is in Houston, Texas, for his latest mission, to help turn around Kevin's restaurant, gratifying kitchen and bar. | **PG**  +RIMP08-005+ |

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| 23:30 | **Chopped: Sweet Heat (R)**  First, it's a pizza puzzle when the chefs open the appetizer basket to find something that's called pizza but doesn't look or taste like the dish they know and love. | **PG**  +CHPD31-018+ |

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

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| 01:00 | **Queensland Weekender (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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| 01:30 | **Creek To Coast (R) ’CC’**  Roger joins a caravan rally with a community focus. 7NEWS Meteorologist, Tony Auden shares tips on how to stay safe in the water while Scotty is bringing some red hot barra action. | **G**  +7CTC19-009+ |

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

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| 04:00 | **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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| 04:30 | **Creek To Coast (R) ’CC’**  Roger joins a caravan rally with a community focus. 7NEWS Meteorologist, Tony Auden shares tips on how to stay safe in the water while Scotty is bringing some red hot barra action. | **G**  +7CTC19-009+ |

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| 05:00 | **The Great Day Out (R) ’CC’**  Queensland Country Music singer Micks shares her Great Day Out, Jess has got the low down on a much-loved family festival and Sofie is off on her next dog friendly adventure. | **G**  +GDOT18-016+ |

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

**Thursday 20 June 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike spends a weekend in Shoalhaven and checks out the zoo. Mel hecks out what's in store for Vivid. Cricket superstar Lisa Sthalekar and Scott Hiller wrangle some Sydney Kingfish. | **G**  +7SWE26-010+ |

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| 06:30 | **Barefoot Contessa: Off Duty (R)**  This is all about what professional cooks make at home when they're off the clock from dawn to dusk. Fantastic quick and easy recipes and top tips from the chefs and cooks in the know for us to try. | **PG**  +BARE07-006+ |

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| 07:00 | **Easy Chinese: Sweet Chinese (R)**  Ching-He Huang sets out to show the unseen side of Chinese cuisine - the delicious sweets. | **PG**  +EACH02-011+ |

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| 07:30 | **The Kitchen: Grillin' And Chillin' (R)**  The Kitchen is grillin' and chillin' for summer. Marcela Valladolid kicks off a triple-threat meal with her Grilled Adobo Rubbed Chicken. | **PG**  +TKIT14-001+ |

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| 08:30 | **The Great Food Truck Race: Battle For The South: The Race Through Savannah (R)**  The final two food truck teams arrive in Savannah, and Tyler Florence's first challenge brings the teams out of the food trucks and into a new mobile selling vehicle: pedicabs. | **PG**  +GFTR08-006+ |

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| 09:30 | **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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| 10:00 | **Easy Chinese: Sweet Chinese (R)**  Ching-He Huang sets out to show the unseen side of Chinese cuisine - the delicious sweets. | **PG**  +EACH02-011+ |

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| 10:30 | **Barefoot Contessa: Restaurant Rules (R)**  Ina Garten shares a collection of restaurant-inspired dishes to cook at home. Ina cooks with Frank Pellegrino for the famous Rao's restaurant and gets insider information from the best kitchens. | **PG**  +BARE07-007+ |

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| 11:00 | **The Great Food Truck Race: Battle For The South: The Race Through Savannah (R)**  The final two food truck teams arrive in Savannah, and Tyler Florence's first challenge brings the teams out of the food trucks and into a new mobile selling vehicle: pedicabs. | **PG**  +GFTR08-006+ |

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| 12:00 | **The Kitchen: Grillin' And Chillin' (R)**  The Kitchen is grillin' and chillin' for summer. Marcela Valladolid kicks off a triple-threat meal with her Grilled Adobo Rubbed Chicken. | **PG**  +TKIT14-001+ |

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| 13:00 | **Chopped: Sweet Heat (R)**  First, it's a pizza puzzle when the chefs open the appetizer basket to find something that's called pizza but doesn't look or taste like the dish they know and love. | **PG**  +CHPD31-018+ |

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| 14:00 | **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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| 14:30 | **The Great Food Truck Race: Battle For The South: The Race Through Savannah (R)**  The final two food truck teams arrive in Savannah, and Tyler Florence's first challenge brings the teams out of the food trucks and into a new mobile selling vehicle: pedicabs. | **PG**  +GFTR08-006+ |

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| 15:30 | **Restaurant: Impossible: Ungratifying (R)**  Chef Robert Irvine is in Houston, Texas, for his latest mission, to help turn around Kevin's restaurant, gratifying kitchen and bar. | **PG**  +RIMP08-005+ |

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| 16:30 | **Easy Chinese: Veggie-Love**  Ching-He Huang has a goal - to make the vegetables the star of the plate. She takes a tour of restaurants with some unique vegetarian dishes. | **PG**  +EACH02-012+ |

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| 17:00 | **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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| 17:30 | **The Kitchen: Burger Bliss (R)**  It's an all-burger bash on The Kitchen as the hosts share their secrets and recipes for building better burgers. | **PG**  +TKIT14-002+ |

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| 18:30 | **Chopped: Basket Buzz (R)**  A giant circle of dough with a long history and veggies that look like tiny watermelons in the first basket. | **PG**  +CHPD31-019+ |

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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: The Glass House - Revisited (R) ’CC’**  Gordon returns to the Glass House. A few months on, there have been some departures. Who is in charge of the kitchen now? And, more importantly, is Ramsay's Caesar salad still on the menu? | **MA (L)**  +RAKN01-005+ |

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| 21:30 | **Ramsay's Kitchen Nightmares: The Walnut Tree - Revisited (R) ’CC’**  Gordon revisits the Walnut Tree, to see if owner Francesco has followed his advice by finding a new head chef and resisting the urge to meddle in the kitchen. | **M (L)**  +RAKN01-006+ |

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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: Basket Buzz (R)**  A giant circle of dough with a long history and veggies that look like tiny watermelons in the first basket. | **PG**  +CHPD31-019+ |

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| 00:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G**  +SAWE19-005+ |

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| 01:00 | **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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| 01:30 | **Creek To Coast (R) ’CC’**  We are on a trip of a lifetime to Haggerstone Island a fisherman's paradise that is well off the beaten track. The fish are huge and plentiful. No wonder why it is on Scotty's bucket list. | **G**  +7CTC19-010+ |

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| 02:00 | **The Great Day Out (R) ’CC’**  Blair's playing pilot, athlete Tamsyn Lewis shares her Great Day Out and Jess has a great school holiday idea. | **G**  +GDOT18-017+ |

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

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike heads to the Caravan Camping Holiday Supershow. Mel checks out this year's Vivid Festival. Karen eats at some of the new quirky places serving steak in Parramatta and Wetherill Park. | **G**  +7SWE26-011+ |

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

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| 04:00 | **Queensland Weekender (R) ’CC’**  Lee puts his new dive ticket into practice and meets the Warriors of the Reef. | **G**  +7QWE18-009+ |

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

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| 05:00 | **The Great Day Out (R) ’CC’**  Blair's playing pilot, athlete Tamsyn Lewis shares her Great Day Out and Jess has a great school holiday idea. | **G**  +GDOT18-017+ |

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

**Friday 21 June 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike heads to the Caravan Camping Holiday Supershow. Mel checks out this year's Vivid Festival. Karen eats at some of the new quirky places serving steak in Parramatta and Wetherill Park. | **G**  +7SWE26-011+ |

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| 06:30 | **Barefoot Contessa: Restaurant Rules (R)**  Ina Garten shares a collection of restaurant-inspired dishes to cook at home. Ina cooks with Frank Pellegrino for the famous Rao's restaurant and gets insider information from the best kitchens. | **PG**  +BARE07-007+ |

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| 07:00 | **Easy Chinese: Veggie-Love (R)**  Ching-He Huang has a goal - to make the vegetables the star of the plate. She takes a tour of restaurants with some unique vegetarian dishes. | **PG**  +EACH02-012+ |

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| 07:30 | **The Kitchen: Burger Bliss (R)**  It's an all-burger bash on The Kitchen as the hosts share their secrets and recipes for building better burgers. | **PG**  +TKIT14-002+ |

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| 08:30 | **Rachael Ray's Week In A Day: Game On! (R)**  A feast that'll keep your team fed through an entire week of big games. Cincinnati Spaghetti; Pork and Broccoli Rabe Ciabatta Subs; Buffalo Turkey Sloppy Joes; Brisket Bowls | **PG**  +WIAD05-006+ |

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| 09:30 | **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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| 10:00 | **Easy Chinese: Veggie-Love (R)**  Ching-He Huang has a goal - to make the vegetables the star of the plate. She takes a tour of restaurants with some unique vegetarian dishes. | **PG**  +EACH02-012+ |

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| 10:30 | **Barefoot Contessa: Cheesy Does It (R)**  Ina is writing an article for Food Network magazine, and it's all about cheese. There's a photo shoot in her garden with the magazine followed by recipes back in the kitchen. , | **PG**  +BARE07-008+ |

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| 11:00 | **Rachael Ray's Week In A Day: Game On! (R)**  A feast that'll keep your team fed through an entire week of big games. Cincinnati Spaghetti; Pork and Broccoli Rabe Ciabatta Subs; Buffalo Turkey Sloppy Joes; Brisket Bowls | **PG**  +WIAD05-006+ |

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| 12:00 | **The Kitchen: Burger Bliss (R)**  It's an all-burger bash on The Kitchen as the hosts share their secrets and recipes for building better burgers. | **PG**  +TKIT14-002+ |

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| 13:00 | **Chopped: Basket Buzz (R)**  A giant circle of dough with a long history and veggies that look like tiny watermelons in the first basket. | **PG**  +CHPD31-019+ |

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| 14:00 | **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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| 14:30 | **Rachael Ray's Week In A Day: Game On! (R)**  A feast that'll keep your team fed through an entire week of big games. Cincinnati Spaghetti; Pork and Broccoli Rabe Ciabatta Subs; Buffalo Turkey Sloppy Joes; Brisket Bowls | **PG**  +WIAD05-006+ |

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| 15:30 | **Easy Chinese: A Day In Chinatown**  Ching-He Huang explores the rich Chinese culture found in Manhattan's Chinatown, including ping pong, tai chi and a dim sum house and classic food carts. | **PG**  +EACH02-013+ |

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| 16:00 | **House Of Wellness (R) ’CC’**  Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Rachael Finch, Jo Stanley and Luke Hines. | **PG**  +HOWL03-017+ |

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| 17:00 | **Giada At Home: Starry, Starry Night (R)**  Giada De Laurentiis hosts a star-themed cocktail part. The menu includes small bites like Crispy Bacon-Wrapped Dates with Lemon Basil Crema, and Crostini with Ricotta and Pink Peppercorns. | **PG**  +GIHO08-009+ |

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| 17:30 | **The Kitchen: Down Home Cooking (R)**  The Kitchen is embracing down home country cooking, starting with Katie Lee's Low Country Seafood Boil and Geoffrey Zakarian's Summer Succotash. | **PG**  +TKIT14-003+ |

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| 18:30 | **Chopped: Wild Times (R)**  Straight from nature to the chefs' baskets, ingredients in this competition are favorites of hunters and foragers! | **PG**  +CHPD31-020+ |

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| 19:30 | **Bizarre Foods With Andrew Zimmern: Pennsylvania (R)**  Andrew takes to the road to sample the Pennsylvania staples most people never hear about. | **PG (A)**  +BIFO04-005+ |

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| 20:30 | **Mystery Diners: Art Show Sting (R)**  After noticing numerous discrepancies with the catering company she uses to cater her art shows, Patricia contacts Mystery Diners for help. | **PG (L,A)**  +MYSD10-002+ |

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| 21:00 | **Mystery Diners: Young Blood (R)**  Charles and his team investigate when the owner of "Harvey's Steakhouse" in Huntington Beach, California, notices a dip in older customers, leading to a discovery of unauthorized events. | **PG (L,A)**  +MYSD10-003+ |

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| 21:30 | **Cutthroat Kitchen: Chili'd To The Bone NEW EPISODE**  A chef is forced to use a freezer-burnt ingredient when preparing a chili-cheese dog. | **PG**  +CUTK04-012+ |

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| 22:30 | **Mystery Diners: Art Show Sting (R)**  After noticing numerous discrepancies with the catering company she uses to cater her art shows, Patricia contacts Mystery Diners for help. | **PG (L,A)**  +MYSD10-002+ |

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| 23:00 | **Mystery Diners: Young Blood (R)**  Charles and his team investigate when the owner of "Harvey's Steakhouse" in Huntington Beach, California, notices a dip in older customers, leading to a discovery of unauthorized events. | **PG (L,A)**  +MYSD10-003+ |

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| 23:30 | **Chopped: Wild Times (R)**  Straight from nature to the chefs' baskets, ingredients in this competition are favorites of hunters and foragers! | **PG**  +CHPD31-020+ |

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| 00:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G**  +SAWE19-006+ |

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| 01:00 | **Queensland Weekender (R) ’CC’**  Bridget visits an island that is like something out of Jurassic Park, Liz enjoys a thrill ride of a different kind, Curtis swaps the rolling 'blue' for rolling 'green' and Duane learns how to fly. | **G**  +7QWE18-010+ |

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

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| 02:00 | **The Great Day Out (R) ’CC’**  Laurel is discovering the flavours of France in preparation for Le Festival, Luke and Sofie hit the Gold Coast for some school holiday fun and Chef Glen Barratt shares his Great Day Out. | **G**  +GDOT18-018+ |

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

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike checks out the Southern Highlands. Lizzy heads to K Ranch Arena, a Texas-style ranch in Wollondilly. Luke explores the Lake Illawarra Art Trail. Erica sets sail aboard the Majestic Princess. | **G**  +7SWE26-012+ |

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

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| 04:00 | **Queensland Weekender (R) ’CC’**  Bridget visits an island that is like something out of Jurassic Park, Liz enjoys a thrill ride of a different kind, Curtis swaps the rolling 'blue' for rolling 'green' and Duane learns how to fly. | **G**  +7QWE18-010+ |

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

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| 05:00 | **The Great Day Out (R) ’CC’**  Laurel is discovering the flavours of France in preparation for Le Festival, Luke and Sofie hit the Gold Coast for some school holiday fun and Chef Glen Barratt shares his Great Day Out. | **G**  +GDOT18-018+ |

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

**Saturday 22 June 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike checks out the Southern Highlands. Lizzy heads to K Ranch Arena, a Texas-style ranch in Wollondilly. Luke explores the Lake Illawarra Art Trail. Erica sets sail aboard the Majestic Princess. | **G**  +7SWE26-012+ |

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| 06:30 | **Better Homes And Gardens (R) ’CC’**  Joh and Jamie tour an incredible home in rural Victoria that combines design with sustainability. Ed makes slow roasted pork with mandarin sauce. Dr Harry visits a dog who chews cleaning related items Starring:JAMIE DURIE | **G**  +BHAG25-020+ |

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| 08:00 | **Barefoot Contessa: Cheesy Does It (R)**  Ina is writing an article for Food Network magazine, and it's all about cheese. There's a photo shoot in her garden with the magazine followed by recipes back in the kitchen. , | **PG**  +BARE07-008+ |

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| 08:30 | **The Kitchen: Down Home Cooking (R)**  The Kitchen is embracing down home country cooking, starting with Katie Lee's Low Country Seafood Boil and Geoffrey Zakarian's Summer Succotash. | **PG**  +TKIT14-003+ |

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| 09:30 | **Easy Chinese: A Day In Chinatown (R)**  Ching-He Huang explores the rich Chinese culture found in Manhattan's Chinatown, including ping pong, tai chi and a dim sum house and classic food carts. | **PG**  +EACH02-013+ |

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| 10:00 | **Giada At Home: Starry, Starry Night (R)**  Giada De Laurentiis hosts a star-themed cocktail part. The menu includes small bites like Crispy Bacon-Wrapped Dates with Lemon Basil Crema, and Crostini with Ricotta and Pink Peppercorns. | **PG**  +GIHO08-009+ |

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| 10:30 | **Cutthroat Kitchen: Chili'd To The Bone (R)**  A chef is forced to use a freezer-burnt ingredient when preparing a chili-cheese dog. | **PG**  +CUTK04-012+ |

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| 11:30 | **Bizarre Foods With Andrew Zimmern: Pennsylvania (R)**  Andrew takes to the road to sample the Pennsylvania staples most people never hear about. | **PG (A)**  +BIFO04-005+ |

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| 12:30 | **Chopped: Wild Times (R)**  Straight from nature to the chefs' baskets, ingredients in this competition are favorites of hunters and foragers! | **PG**  +CHPD31-020+ |

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| 13:30 | **Easy Chinese: A Day In Chinatown (R)**  Ching-He Huang explores the rich Chinese culture found in Manhattan's Chinatown, including ping pong, tai chi and a dim sum house and classic food carts. | **PG**  +EACH02-013+ |

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| 14:00 | **Giada At Home: Starry, Starry Night (R)**  Giada De Laurentiis hosts a star-themed cocktail part. The menu includes small bites like Crispy Bacon-Wrapped Dates with Lemon Basil Crema, and Crostini with Ricotta and Pink Peppercorns. | **PG**  +GIHO08-009+ |

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| 14:30 | **Barefoot Contessa: Cheesy Does It (R)**  Ina is writing an article for Food Network magazine, and it's all about cheese. There's a photo shoot in her garden with the magazine followed by recipes back in the kitchen. , | **PG**  +BARE07-008+ |

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| 15:00 | **The Kitchen: Down Home Cooking (R)**  The Kitchen is embracing down home country cooking, starting with Katie Lee's Low Country Seafood Boil and Geoffrey Zakarian's Summer Succotash. | **PG**  +TKIT14-003+ |

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| 16:00 | **Bizarre Foods With Andrew Zimmern: Pennsylvania (R)**  Andrew takes to the road to sample the Pennsylvania staples most people never hear about. | **PG (A)**  +BIFO04-005+ |

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| 17:00 | **Cutthroat Kitchen: Chili'd To The Bone (R)**  A chef is forced to use a freezer-burnt ingredient when preparing a chili-cheese dog. | **PG**  +CUTK04-012+ |

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| 18:00 | **Mystery Diners: Art Show Sting (R)**  After noticing numerous discrepancies with the catering company she uses to cater her art shows, Patricia contacts Mystery Diners for help. | **PG (L,A)**  +MYSD10-002+ |

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| 18:30 | **Mystery Diners: Young Blood (R)**  Charles and his team investigate when the owner of "Harvey's Steakhouse" in Huntington Beach, California, notices a dip in older customers, leading to a discovery of unauthorized events. | **PG (L,A)**  +MYSD10-003+ |

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| 19:00 | **Around The World With Manu: Hong Kong (R)**  After a short flight from Kolkata, Manu arrives in Hong Kong, and is keen to get started with his first cooking experience in this fast-paced city. | **PG**  +AWWM01-004+ |

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| 20:00 | **Iron Chef America: Symon Vs. Brown NEW EPISODE**  New York Chef Ed Brown enters Kitchen Stadium to take on Iron Chef Michael Symon. | **PG**  +ICAM08-018+ |

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| 21:00 | **Iron Chef America: Cora Vs. Smith NEW EPISODE**  Chef Holly Smith enters kitchen stadium to take on Iron Chef Cat Cora. | **PG**  +ICAM08-019+ |

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| 22:00 | **Diners, Drive-Ins and Dives: From The Heart**  Guy's hittin' up some spots putting their heart and soul into everything they do. In Carlsbad, Calif., the family-owned Italian joint staying true to a long-standing ravioli recipe. | **PG**  +DDID17-011+ |

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| 22:30 | **Diners, Drive-Ins and Dives: That's Fresh**  Guy's stopping by some joints that are keepin' it fresh. In San Francisco, the Venezuelan joint servin' up a totally gluten-free menu of authentic standbys like arepas and empanadas. | **PG**  +DDID17-012+ |

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| 23:00 | **Guy's Big Bite: Al Pastor All Day (R)**  Guy Fieri's hosting taco night, so he prepares an all-time favorite, Al Pastor Tacos, filled with roasted pork and topped with Pineapple Jalapeno Salsa. For dessert, he turns down the heat. | **PG**  +GUBB19-001+ |

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| 23:30 | **Anthony Bourdain: The Layover: Atlanta (R)**  Anthony Bourdain heads to the "ATL" where he cruises around in a muscle car, shoots guns and experiences the famed 10 o'clock burger at Holeman & Finch. | **M (N,L,S)**  +TLAY02-004+ |

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| 00:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G**  +SAWE19-007+ |

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| 01:00 | **Queensland Weekender (R) ’CC’**  It's an unmissable journey into the heart of Queensland. This epic outback adventure takes in the best of the west from big skies, to big stars at Winton's Way Out West Fest. | **G**  +7QWE18-011+ |

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| 01:30 | **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**  +7CTC19-012+ |

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| 02:00 | **The Great Day Out (R) ’CC’**  Sofie's getting ready for Good Food Month. Alastair's showcasing some of the best Samford Valley produce and Tamsyn 'WAGS' work for a little Wednesday Afternoon Sailing. | **G**  +GDOT18-019+ |

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| 02:30 | **Home In WA (R) ’CC’**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-008+ |

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike heads to Hunter Valley Zoo, and checks out its baby alligators, primates and koalas. Fliss joins up with a Clean Up Kayak tour, scooping up litter in Lavender Bay. Mel checks out Vivid. | **G**  +7SWE26-013+ |

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

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| 04:00 | **Queensland Weekender (R) ’CC’**  It's an unmissable journey into the heart of Queensland. This epic outback adventure takes in the best of the west from big skies, to big stars at Winton's Way Out West Fest. | **G**  +7QWE18-011+ |

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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**  +7CTC19-012+ |

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| 05:00 | **The Great Day Out (R) ’CC’**  Sofie's getting ready for Good Food Month. Alastair's showcasing some of the best Samford Valley produce and Tamsyn 'WAGS' work for a little Wednesday Afternoon Sailing. | **G**  +GDOT18-019+ |

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| 05:30 | **Home In WA (R) ’CC’**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-008+ |