**Sunday 17 March 2019**

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| 06:00 | **Queensland Weekender (R) ’CC’**  Victoria is on the ultimate eco experience. | **G**  +7QWE18-020+ |

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| 06:30 | **Sydney Weekender (R) ’CC’**  Mike gets a sneak peek at Vivid Sydney 2018. Lizzy heads to South West Rocks, soaking up the local history. Luke previews the Caravan Camping Holiday Supershow. Starring:ERICA DAVIS,LUKE CARROLL,LIZZY LOVETTE,MEL SYMONS,MIKE WHITNEY | **G**  +7SWE25-010+ |

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| 07:00 | **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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| 07:30 | **Guy's Grocery Games: GGG International All Stars (R)**  It's an international culinary showdown when four returning GGG chefs representing Latin, French, Italian and Korean cuisines battle it out to see who will take home the title. | **PG**  +GUGG16-007+ |

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| 08:30 | **Rachael Ray's Week In A Day: Fall In Love With Fall (R)**  All the autumn flavors you love come together for a week's worth of meals that your whole family will fall for. | **PG**  +WIAD03-007+ |

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| 09:30 | **Ten Dollar Dinners: Chick, Chick, Ole (R)**  Melissa d'Arabian serves up the craveable flavours of restaurant-style fajitas on a budget-friendly bill. | **PG**  +TEDD07-003+ |

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| 10:00 | **Throwdown With Bobby Flay: Baked Alaska (R)**  After putting his own personal spin on the dish, Saul thinks he is being featured on a show that explains the chemistry of baking frozen parfait when Bobby Flay shows up. | **PG**  +TWBF09-012+ |

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| 10:30 | **Iron Chef America: Garces vs. Weitzman (R)**  Iron Chef Jose Garces faces off against challenger Rebecca Weitzman. | **PG**  +ICAM10-014+ |

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| 11:30 | **Iron Chef America: Zakarian vs. Casanova (R)**  In his debut battle, Iron Chef Geoffrey Zakarian takes on Challenger Chef Victor Casanova. | **PG**  +ICAM10-015+ |

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| 12:30 | **Rachael Ray's Week In A Day: Fall In Love With Fall (R)**  All the autumn flavors you love come together for a week's worth of meals that your whole family will fall for. | **PG**  +WIAD03-007+ |

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| 13:30 | **Guy's Grocery Games: GGG International All Stars (R)**  It's an international culinary showdown when four returning GGG chefs representing Latin, French, Italian and Korean cuisines battle it out to see who will take home the title. | **PG**  +GUGG16-007+ |

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| 14:30 | **Around The World With Manu: USA (R)**  Manu is on the home stretch with just one more country to discover, before making his final journey. | **PG**  +AWWM01-006+ |

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| 15:30 | **Throwdown With Bobby Flay: Baked Alaska (R)**  After putting his own personal spin on the dish, Saul thinks he is being featured on a show that explains the chemistry of baking frozen parfait when Bobby Flay shows up. | **PG**  +TWBF09-012+ |

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| 16:00 | **Iron Chef America: Garces vs. Weitzman (R)**  Iron Chef Jose Garces faces off against challenger Rebecca Weitzman. | **PG**  +ICAM10-014+ |

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| 17:00 | **Iron Chef America: Zakarian vs. Casanova (R)**  In his debut battle, Iron Chef Geoffrey Zakarian takes on Challenger Chef Victor Casanova. | **PG**  +ICAM10-015+ |

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| 18:00 | **Kid's Baking Championship: Cover Story Cakes (R)**  It's the 10th birthday celebration for Food Network Magazine! It's every baker for themselves as Duff Goldman and Valerie Bertinelli challenge the three finalists to create the birthday cake. | **PG**  +KBAC04-010+ |

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| 19:00 | **Ridiculous Cakes: Cake Couture (R)**  Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG**  +RICA01-003+ |

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| 19:30 | **Cake Wars: Charlie Brown's All-Stars (R)**  Charlie Brown, Snoopy and the whole Peanuts gang are headed to Cake Wars to celebrate the 50th anniversary of the iconic special Charlie Brown's All-Stars! | **PG**  +CAKW03-003+ |

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| 20:30 | **Ramsay's Hotel Hell: The Historic Calumet Inn (R) ’CC’**  Gordon Ramsay travels across the US to fix some of its most horrendous hotels, troubled inns and struggling resorts. He will endure hotels at their worst, all so unsuspecting guests don't have to. Starring:GORDON RAMSAY | **M (L)**  +HELL02-005+ |

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| 21:30 | **Cupcake Wars: WildAid Save The Tigers NEW EPISODE**  It's going to get wild in the kitchen as four bakers fight for the chance to serve their cupcakes at a huge celebrity gala honoring animal conservation group WildAid. | **PG**  +CUPW06-007+ |

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| 22:30 | **Sweet Genius: Hidden Genius NEW EPISODE**  Find out who has hidden genius through masquerade masks and candy apples. | **PG**  +SWEG01-006+ |

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| 23:30 | **Ridiculous Cakes: Cake Couture (R)**  Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG**  +RICA01-003+ |

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| 00:00 | **Queensland Weekender (R) ’CC’**  Lee treks through a pristine wilderness, Victoria meets some cute Sunshine Coast locals, Kip has the need for speed and Chief Executive of the RNA reveals what is takes to organise the EKKA. | **G**  +7QWE18-021+ |

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| 00:30 | **Sydney Weekender (R) ’CC’**  Mike heads to the Snowy Mountains and tries fly fishing at Eucumbene Trout Farm. Rose visits Whistler in Canada. Pete spends a day in Manly, having breakfast at The Pantry and a meal at Sunset Sabi. Starring:ERICA DAVIS,PETE WELLS,ROSE JACOBS,MIKE WHITNEY | **G**  +7SWE25-011+ |

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| 01:00 | **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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| 01:30 | **Creek To Coast (R) ’CC’**  Scotty teams up with cricket legends Geoff Marsh and Kim Hughes, and young guns Simon Mackin and Piepa Cleary to explore the boating, camping and fishing offerings in Western Australia. | **G**  +7CTC18-041+ |

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

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| 02:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-011+ |

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| 03:00 | **Queensland Weekender (R) ’CC’**  Lee treks through a pristine wilderness, Victoria meets some cute Sunshine Coast locals, Kip has the need for speed and Chief Executive of the RNA reveals what is takes to organise the EKKA. | **G**  +7QWE18-021+ |

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| 04:00 | **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)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-011+ |

**Monday 18 March 2019**

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| 06:00 | **Queensland Weekender (R) ’CC’**  Lee treks through a pristine wilderness, Victoria meets some cute Sunshine Coast locals, Kip has the need for speed and Chief Executive of the RNA reveals what is takes to organise the EKKA. | **G**  +7QWE18-021+ |

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| 06:30 | **Cake Wars: Charlie Brown's All-Stars (R)**  Charlie Brown, Snoopy and the whole Peanuts gang are headed to Cake Wars to celebrate the 50th anniversary of the iconic special Charlie Brown's All-Stars! | **PG**  +CAKW03-003+ |

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| 07:30 | **Cupcake Wars: WildAid Save The Tigers (R)**  It's going to get wild in the kitchen as four bakers fight for the chance to serve their cupcakes at a huge celebrity gala honoring animal conservation group WildAid. | **PG**  +CUPW06-007+ |

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| 08:30 | **Sweet Genius: Hidden Genius (R)**  Find out who has hidden genius through masquerade masks and candy apples. | **PG**  +SWEG01-006+ |

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| 09:30 | **Cake Wars: Charlie Brown's All-Stars (R)**  Charlie Brown, Snoopy and the whole Peanuts gang are headed to Cake Wars to celebrate the 50th anniversary of the iconic special Charlie Brown's All-Stars! | **PG**  +CAKW03-003+ |

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| 10:30 | **TBA:** | ++ |

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| 12:00 | **Cupcake Wars: WildAid Save The Tigers (R)**  It's going to get wild in the kitchen as four bakers fight for the chance to serve their cupcakes at a huge celebrity gala honoring animal conservation group WildAid. | **PG**  +CUPW06-007+ |

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| 13:00 | **Sweet Genius: Hidden Genius (R)**  Find out who has hidden genius through masquerade masks and candy apples. | **PG**  +SWEG01-006+ |

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| 14:00 | **Giada At Home: The Steak House (R)**  Giada De Laurentiis visits the Belcampo Meat Company in L.A.'s Grand Central Market to learn about different cuts of meat. | **PG**  +GIHO08-010+ |

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| 14:30 | **The Kitchen: All Deck'd Out (R)**  The Kitchen hits the deck for outdoor entertaining, starting with Geoffrey Zakarian's Sausage Grinder with Peppers and Onions. Katie Lee serves an Italian-inspired Seafood Pasta. | **PG**  +TKIT13-012+ |

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| 15:30 | **The Pioneer Woman: FAQ (R)**  Ree Drummond hosts a Pioneer Woman Q and A with answers starring a stunning Slow Cooker Mexican Soup and a healthy Killer Kale Salad. | **PG**  +PIWO13-003+ |

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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**  +HOWL03-004+ |

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| 17:00 | **Kid's Baking Championship: Cover Story Cakes (R)**  It's the 10th birthday celebration for Food Network Magazine! It's every baker for themselves as Duff Goldman and Valerie Bertinelli challenge the three finalists to create the birthday cake. | **PG**  +KBAC04-010+ |

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| 18:00 | **Ridiculous Cakes: Cake Couture (R)**  Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG**  +RICA01-003+ |

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| 18:30 | **Chopped: Deadliest Basket NEW EPISODE**  Chefs, beware: every round in this special competition will feature ingredients that are not just challenging, but actually dangerous! | **PG**  +CHPD28-010+ |

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| 19:30 | **Kid's Baking Championship: Life Is A Carnival NEW EPISODE**  Valerie Bertinelli and Duff Goldman ask the 12 best kid bakers in the country to create carnival-themed cupcakes and incorporate carnival treats like kettle corn, frozen bananas and cotton candy. | **PG**  +KBAC03-001+ |

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| 20:30 | **Wedding Cake Championship: Super Cakes NEW EPISODE**  Six of America's best baking duos begin their journey to becoming wedding cake champions. | **PG**  +WECC01-001+ |

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| 21:30 | **Spring Baking Championship: Sweet And Tart (R)**  The seven remaining bakers take sweet and tart to a whole new territory. They must create a honey dessert and then they have to bake a springtime citrus treat. | **PG**  +SPBC01-002+ |

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| 22:30 | **Kid's Baking Championship: Life Is A Carnival (R)**  Valerie Bertinelli and Duff Goldman ask the 12 best kid bakers in the country to create carnival-themed cupcakes and incorporate carnival treats like kettle corn, frozen bananas and cotton candy. | **PG**  +KBAC03-001+ |

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| 00:30 | **Sydney Weekender (R) ’CC’**  Mike goes to Moree, where he learns how to grow a pair of jeans and visits the Artesian Aquatic Centre. Rose continues her trip in Canada. Sally eats at two of the hottest Sydney Scandi restaurants. Starring:ERICA DAVIS,SALLY STANTON,ROSE JACOBS,MIKE WHITNEY | **G**  +7SWE25-012+ |

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| 01:00 | **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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| 01:30 | **Creek To Coast (R) ’CC’**  There is action aplenty as cricket personalities James Brayshaw, Simon O'Donnell and John Hastings show Scotty some of Victoria's best boating, camping and fishing hotspots. | **G**  +7CTC18-042+ |

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| 02:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-026+ |

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| 02:30 | **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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| 03:00 | **Queensland Weekender (R) ’CC’**  Kay is on an epic journey across the Gulf Savannah. It's remote, remarkable and full of surprises. | **G**  +7QWE18-022+ |

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| 03:30 | **Sydney Weekender (R) ’CC’**  Mike goes to Moree, where he learns how to grow a pair of jeans and visits the Artesian Aquatic Centre. Rose continues her trip in Canada. Sally eats at two of the hottest Sydney Scandi restaurants. Starring:ERICA DAVIS,SALLY STANTON,ROSE JACOBS,MIKE WHITNEY | **G**  +7SWE25-012+ |

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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+ |

**Tuesday 19 March 2019**

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| 06:00 | **Queensland Weekender (R) ’CC’**  Kay is on an epic journey across the Gulf Savannah. It's remote, remarkable and full of surprises. | **G**  +7QWE18-022+ |

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| 06:30 | **The Pioneer Woman: FAQ (R)**  Ree Drummond hosts a Pioneer Woman Q and A with answers starring a stunning Slow Cooker Mexican Soup and a healthy Killer Kale Salad. | **PG**  +PIWO13-003+ |

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| 07:00 | **Giada At Home: The Steak House (R)**  Giada De Laurentiis visits the Belcampo Meat Company in L.A.'s Grand Central Market to learn about different cuts of meat. | **PG**  +GIHO08-010+ |

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| 07:30 | **The Kitchen: All Deck'd Out (R)**  The Kitchen hits the deck for outdoor entertaining, starting with Geoffrey Zakarian's Sausage Grinder with Peppers and Onions. Katie Lee serves an Italian-inspired Seafood Pasta. | **PG**  +TKIT13-012+ |

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| 08:30 | **Spring Baking Championship: Sweet And Tart (R)**  The seven remaining bakers take sweet and tart to a whole new territory. They must create a honey dessert and then they have to bake a springtime citrus treat. | **PG**  +SPBC01-002+ |

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| 09:30 | **Wedding Cake Championship: Super Cakes (R)**  Six of America's best baking duos begin their journey to becoming wedding cake champions. | **PG**  +WECC01-001+ |

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| 10:30 | **TBA:** | ++ |

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| 12:00 | **Giada At Home: The Steak House (R)**  Giada De Laurentiis visits the Belcampo Meat Company in L.A.'s Grand Central Market to learn about different cuts of meat. | **PG**  +GIHO08-010+ |

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| 13:30 | **Chopped: Deadliest Basket (R)**  Chefs, beware: every round in this special competition will feature ingredients that are not just challenging, but actually dangerous! | **PG**  +CHPD28-010+ |

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| 14:30 | **The Kitchen: Patriotic Party (R)**  A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG**  +TKIT13-013+ |

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| 15:30 | **The Pioneer Woman: Market Meet-Up (R)**  Ree Drummond is opening a mercantile at her building in town, so she's throwing an on-site dinner for her girlfriends who've helped her stock the store. | **PG**  +PIWO13-004+ |

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| 16:00 | **Giada At Home: Friends For Lunch (R)**  Giada De Laurentiis's daughter, Jade, has invited some friends over for an after-school lunch, so Giada is whipping up a fun kid-friendly menu. | **PG**  +GIHO08-011+ |

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| 16:30 | **Wedding Cake Championship: Super Cakes (R)**  Six of America's best baking duos begin their journey to becoming wedding cake champions. | **PG**  +WECC01-001+ |

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| 17:30 | **Kid's Baking Championship: Life Is A Carnival (R)**  Valerie Bertinelli and Duff Goldman ask the 12 best kid bakers in the country to create carnival-themed cupcakes and incorporate carnival treats like kettle corn, frozen bananas and cotton candy. | **PG**  +KBAC03-001+ |

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| 18:30 | **Chopped: Chopping Block Blues NEW EPISODE**  There's eggs in the baskets - Scotch eggs, that is! Will the competitors know what to do with this sausage-enrobed pub food in the appetizer round? | **PG**  +CHPD28-011+ |

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| 19:30 | **Mystery Diners: Red Hot Mess (R)**  Sonny and Sage, owners of Hot Red Bus near Los Angeles, contact Charles Stiles after hearing rumors that their restaurant is open on the one day it's supposed to be closed. | **PG**  +MYSD09-005+ |

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| 20:00 | **Mystery Diners: Private Chef Sting (R)**  Having already been helped by Mystery Diners in the past, Nico, owner of Capo's Speakeasy in Las Vegas, contacts Charles Stiles to help with a personal problem at his new home. | **PG**  +MYSD09-006+ |

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| 20:30 | **Restaurant: Impossible: In The Pits NEW EPISODE**  Lynn has owned Bryan's Smokehouse in Lufkin, Texas for 15 years: Business was great at first, but now an oversaturated market and a staff of misfits have put Lynn further and further into debt. | **PG**  +RIMP06-005+ |

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| 21:30 | **Restaurant: Impossible: Muskrat Mayhem NEW EPISODE**  Chef Robert Irvine travels to Smyrna, Del., to meet three generations of women fighting to keep the Wagon Wheel Family Restaurant open for business. | **PG**  +RIMP06-006+ |

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| 22:30 | **Mystery Diners: Red Hot Mess (R)**  Sonny and Sage, owners of Hot Red Bus near Los Angeles, contact Charles Stiles after hearing rumors that their restaurant is open on the one day it's supposed to be closed. | **PG**  +MYSD09-005+ |

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| 23:00 | **Mystery Diners: Private Chef Sting (R)**  Having already been helped by Mystery Diners in the past, Nico, owner of Capo's Speakeasy in Las Vegas, contacts Charles Stiles to help with a personal problem at his new home. | **PG**  +MYSD09-006+ |

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| 23:30 | **Chopped: Chopping Block Blues (R)**  There's eggs in the baskets - Scotch eggs, that is! Will the competitors know what to do with this sausage-enrobed pub food in the appetizer round? | **PG**  +CHPD28-011+ |

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| 00:30 | **Sydney Weekender (R) ’CC’**  Mike pans for gold with the Gulgong Gold Experience. Rose visits the Banff Hot Springs in Canada. Teigan spoils her mum and nan with a Sydney Weekender Mother's Day lunch in Cronulla. Starring:ERICA DAVIS,ROSE JACOBS,MIKE WHITNEY,TEIGAN NASH | **G**  +7SWE25-013+ |

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| 01:00 | **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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| 01:30 | **Creek To Coast (R) ’CC’**  Scott visits the amazing Haggerstone Island and man does he catch fish. | **G**  +7CTC18-001+ |

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| 02:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-027+ |

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| 02:30 | **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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| 03:00 | **Queensland Weekender (R) ’CC’**  Kip has the place for a winter bushwalk, Luke and Cody are exploring the coast by rail and Lee is welcoming the whales to Straddie. | **G**  +7QWE18-023+ |

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| 03:30 | **Sydney Weekender (R) ’CC’**  Mike pans for gold with the Gulgong Gold Experience. Rose visits the Banff Hot Springs in Canada. Teigan spoils her mum and nan with a Sydney Weekender Mother's Day lunch in Cronulla. Starring:ERICA DAVIS,ROSE JACOBS,MIKE WHITNEY,TEIGAN NASH | **G**  +7SWE25-013+ |

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| 04:00 | **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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| 04:30 | **Creek To Coast (R) ’CC’**  Scott visits the amazing Haggerstone Island and man does he catch fish. | **G**  +7CTC18-001+ |

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

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| 05:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-013+ |

**Wednesday 20 March 2019**

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| 06:00 | **Queensland Weekender (R) ’CC’**  Kip has the place for a winter bushwalk, Luke and Cody are exploring the coast by rail and Lee is welcoming the whales to Straddie. | **G**  +7QWE18-023+ |

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| 06:30 | **The Pioneer Woman: Market Meet-Up (R)**  Ree Drummond is opening a mercantile at her building in town, so she's throwing an on-site dinner for her girlfriends who've helped her stock the store. | **PG**  +PIWO13-004+ |

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| 07:00 | **Giada At Home: Friends For Lunch (R)**  Giada De Laurentiis's daughter, Jade, has invited some friends over for an after-school lunch, so Giada is whipping up a fun kid-friendly menu. | **PG**  +GIHO08-011+ |

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| 07:30 | **The Kitchen: Patriotic Party (R)**  A group of talented food experts bring fun conversation and delicious recipes into your kitchen. | **PG**  +TKIT13-013+ |

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| 08:30 | **Restaurant: Impossible: In The Pits (R)**  Lynn has owned Bryan's Smokehouse in Lufkin, Texas for 15 years: Business was great at first, but now an oversaturated market and a staff of misfits have put Lynn further and further into debt. | **PG**  +RIMP06-005+ |

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| 09:30 | **Restaurant: Impossible: Muskrat Mayhem (R)**  Chef Robert Irvine travels to Smyrna, Del., to meet three generations of women fighting to keep the Wagon Wheel Family Restaurant open for business. | **PG**  +RIMP06-006+ |

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| 10:30 | **TBA:** | ++ |

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| 12:00 | **Giada At Home: Friends For Lunch (R)**  Giada De Laurentiis's daughter, Jade, has invited some friends over for an after-school lunch, so Giada is whipping up a fun kid-friendly menu. | **PG**  +GIHO08-011+ |

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| 12:30 | **Restaurant: Impossible: In The Pits (R)**  Lynn has owned Bryan's Smokehouse in Lufkin, Texas for 15 years: Business was great at first, but now an oversaturated market and a staff of misfits have put Lynn further and further into debt. | **PG**  +RIMP06-005+ |

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| 13:30 | **Chopped: Chopping Block Blues (R)**  There's eggs in the baskets - Scotch eggs, that is! Will the competitors know what to do with this sausage-enrobed pub food in the appetizer round? | **PG**  +CHPD28-011+ |

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| 14:30 | **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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| 15:30 | **The Pioneer Woman: Tequila (R)**  It's tequila all the way as Ree Drummond tests making a whole meal with a bottle of tequila. | **PG**  +PIWO13-005+ |

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| 16:00 | **Giada At Home: 15-Minute Pastas (R)**  It's a busy weeknight and you want to get a great dinner on the table fast. Giada De Laurentiis shows us how to make four pasta dishes that can all be accomplished in 15 minutes. | **PG**  +GIHO08-012+ |

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| 16:30 | **Restaurant: Impossible: Muskrat Mayhem (R)**  Chef Robert Irvine travels to Smyrna, Del., to meet three generations of women fighting to keep the Wagon Wheel Family Restaurant open for business. | **PG**  +RIMP06-006+ |

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| 17:30 | **Mystery Diners: Red Hot Mess (R)**  Sonny and Sage, owners of Hot Red Bus near Los Angeles, contact Charles Stiles after hearing rumors that their restaurant is open on the one day it's supposed to be closed. | **PG**  +MYSD09-005+ |

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| 18:00 | **Mystery Diners: Private Chef Sting (R)**  Having already been helped by Mystery Diners in the past, Nico, owner of Capo's Speakeasy in Las Vegas, contacts Charles Stiles to help with a personal problem at his new home. | **PG**  +MYSD09-006+ |

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| 18:30 | **Chopped: Hungry For Love NEW EPISODE**  There's romance in the air in the Chopped Kitchen as eight cooking singles are paired up on blind dates! | **PG**  +CHPD28-012+ |

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| 19:30 | **Hairy Bikers' Northern Exposure (R)**  The Hairy Bikers are back on the road doing what they love most - biking and cooking. Dave Myers and Si King set off on a proper road-trip, their most ambitious and personal journey yet. | **PG (N)**  +HBNE01-004+ |

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| 20:30 | **Hell's Kitchen USA (R) ’CC’**  Aspiring chefs arrive at Hell's Kitchen with the hope and excitement of becoming the next winner of Hell's Kitchen. | **MA (L)**  +HEKI10-005+ |

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| 21:30 | **Hell's Kitchen USA (R) ’CC’**  Aspiring chefs arrive at Hell's Kitchen with the hope and excitement of becoming the next winner of Hell's Kitchen. | **M (L)**  +HEKI10-006+ |

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| 22:30 | **Hairy Bikers' Northern Exposure (R)**  The Hairy Bikers are back on the road doing what they love most - biking and cooking. Dave Myers and Si King set off on a proper road-trip, their most ambitious and personal journey yet. | **PG (N)**  +HBNE01-004+ |

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| 23:30 | **Chopped: Hungry For Love (R)**  There's romance in the air in the Chopped Kitchen as eight cooking singles are paired up on blind dates! | **PG**  +CHPD28-012+ |

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| 00:30 | **Sydney Weekender (R) ’CC’**  Mike catches up with Sydney Swans star Luke Parker in Maroubra. Lizzy checks out Biennale of Sydney. Matt checks out Wild Brumby Distillery in Jindabyne. Mel goes to Mudgee for amazing food and wine. Starring:ERICA DAVIS,LIZZY LOVETTE,MEL SYMONS,MIKE WHITNEY,MATT BASELEY,LUKE PARKER | **G**  +7SWE25-014+ |

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| 01:00 | **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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| 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**  +7CTC18-002+ |

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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 makes some fascinating discoveries, Olivia heads offshore, Liz is on her babymoon and Lee is embarking on an incredible walk in the Whitsundays. | **G**  +7QWE18-024+ |

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| 04:30 | **Sydney Weekender (R) ’CC’**  Mike catches up with Sydney Swans star Luke Parker in Maroubra. Lizzy checks out Biennale of Sydney. Matt checks out Wild Brumby Distillery in Jindabyne. Mel goes to Mudgee for amazing food and wine. Starring:ERICA DAVIS,LIZZY LOVETTE,MEL SYMONS,MIKE WHITNEY,MATT BASELEY,LUKE PARKER | **G**  +7SWE25-014+ |

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

**Thursday 21 March 2019**

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| 06:00 | **Queensland Weekender (R) ’CC’**  Kip makes some fascinating discoveries, Olivia heads offshore, Liz is on her babymoon and Lee is embarking on an incredible walk in the Whitsundays. | **G**  +7QWE18-024+ |

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| 06:30 | **The Pioneer Woman: Tequila (R)**  It's tequila all the way as Ree Drummond tests making a whole meal with a bottle of tequila. | **PG**  +PIWO13-005+ |

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| 07:00 | **Giada At Home: 15-Minute Pastas (R)**  It's a busy weeknight and you want to get a great dinner on the table fast. Giada De Laurentiis shows us how to make four pasta dishes that can all be accomplished in 15 minutes. | **PG**  +GIHO08-012+ |

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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 | **Rachael Ray's Week In A Day: Italian Comfort (R)**  Five soul-soothing Italian comfort food dishes that'll help you beat the holiday stress. | **PG**  +WIAD05-002+ |

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| 09:30 | **Guy's Grocery Games: GGG International All Stars (R)**  It's an international culinary showdown when four returning GGG chefs representing Latin, French, Italian and Korean cuisines battle it out to see who will take home the title. | **PG**  +GUGG16-007+ |

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| 10:30 | **TBA:** | ++ |

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| 12:00 | **Giada At Home: 15-Minute Pastas (R)**  It's a busy weeknight and you want to get a great dinner on the table fast. Giada De Laurentiis shows us how to make four pasta dishes that can all be accomplished in 15 minutes. | **PG**  +GIHO08-012+ |

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| 12:30 | **Guy's Grocery Games: GGG International All Stars (R)**  It's an international culinary showdown when four returning GGG chefs representing Latin, French, Italian and Korean cuisines battle it out to see who will take home the title. | **PG**  +GUGG16-007+ |

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| 13:30 | **Chopped: Hungry For Love (R)**  There's romance in the air in the Chopped Kitchen as eight cooking singles are paired up on blind dates! | **PG**  +CHPD28-012+ |

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| 14:30 | **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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| 15:30 | **The Pioneer Woman: Mom's Day (R)**  It's a fun day of treats for Mom - while Ladd and the kids wash her truck. | **PG**  +PIWO13-006+ |

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| 16:00 | **Giada At Home: Raffy's In The House (R)**  Aunt Raffy joins Giada De Laurentiis in the kitchen for a day of fun and laughter while her sister, Eloisa, joins them to try out their family dishes. | **PG**  +GIHO08-013+ |

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| 16:30 | **Guy's Grocery Games: GGG International All Stars (R)**  It's an international culinary showdown when four returning GGG chefs representing Latin, French, Italian and Korean cuisines battle it out to see who will take home the title. | **PG**  +GUGG16-007+ |

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| 17:30 | **Rachael Ray's Week In A Day: Italian Comfort (R)**  Five soul-soothing Italian comfort food dishes that'll help you beat the holiday stress. | **PG**  +WIAD05-002+ |

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| 18:30 | **Chopped: Leap Of Faith NEW EPISODE**  A priest, a nun-in-training, a rabbi, and a pastor compete in the Chopped Kitchen! | **PG**  +CHPD28-013+ |

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| 19:30 | **Ramsay's Kitchen Nightmares: The Priory (R) ’CC’**  Follow chef Gordon Ramsay as he attempts to save failing restaurants across Britain. Tonight, Gordon visits a failing former chapel-turned-restaurant with an ageing menu and old clientele. Starring:GORDON RAMSAY | **M (L)**  +RAKN04-003+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: The Glass House (R) ’CC’**  Gordon travels to The Glass House Restaurant, where orders in the kitchen are mixed up, food's not cooked properly and the customers are complaining. | **M (L)**  +RAKN01-002+ |

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| 21:30 | **Ramsay's Kitchen Nightmares: Walnut Tree (R) ’CC’**  Gordon goes to The Walnut Tree Inn. It's in big trouble - there's no head chef, the customers have dwindled, and the owner has had to sell the family home to keep the business afloat. | **M (L)**  +RAKN01-003+ |

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| 22:30 | **Ramsay's Kitchen Nightmares: The Priory (R) ’CC’**  Follow chef Gordon Ramsay as he attempts to save failing restaurants across Britain. Tonight, Gordon visits a failing former chapel-turned-restaurant with an ageing menu and old clientele. Starring:GORDON RAMSAY | **M (L)**  +RAKN04-003+ |

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| 23:30 | **Chopped: Leap Of Faith (R)**  A priest, a nun-in-training, a rabbi, and a pastor compete in the Chopped Kitchen! | **PG**  +CHPD28-013+ |

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| 00:30 | **Rachael Ray's Week In A Day: Italian Comfort (R)**  Five soul-soothing Italian comfort food dishes that'll help you beat the holiday stress. | **PG**  +WIAD05-002+ |

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| 01:30 | **Creek To Coast (R) ’CC’**  Andrew is on stunning Fraser Island and it's catch and cook-off time. Roger joins country Queenslanders for the Doin' it for Dolly Charity Rodeo. While, Scotty is on the hunt for one metre barra. | **G**  +7CTC18-003+ |

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| 02:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-029+ |

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| 02:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-015+ |

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| 03:00 | **Queensland Weekender (R) ’CC’**  Lee has the September school holiday sorted, Sammie discovers a lavender farm in an unlikely location and photographer John Elliott shares his passion for his work. | **G**  +7QWE18-025+ |

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| 03:30 | **Sydney Weekender (R) ’CC’**  Mike heads to Jannei Goat Dairy, before spending the night in Australia's first Bubble tent. Lea visits Koala Park in West Pennant Hills. Fliss signs up for a Mexican Street Food class in Bowral. Starring:ERICA DAVIS,FELICITY URQUHART,LEA WILSON,SALLY STANTON,MIKE WHITNEY | **G**  +7SWE25-015+ |

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| 04:00 | **The Great Day Out (R) ’CC’**  Sofie tackles one of the Scenic Rim's magnificent peaks, Tamsyn tests the Gold Coast's latest driving range and Damien is behind the scenes of a 'Beautiful' musical that opens in Brisbane this month. | **G**  +GDOT18-020+ |

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

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

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| 05:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-015+ |

**Friday 22 March 2019**

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| 06:00 | **Queensland Weekender (R) ’CC’**  Lee has the September school holiday sorted, Sammie discovers a lavender farm in an unlikely location and photographer John Elliott shares his passion for his work. | **G**  +7QWE18-025+ |

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| 06:30 | **The Pioneer Woman: Mom's Day (R)**  It's a fun day of treats for Mom - while Ladd and the kids wash her truck. | **PG**  +PIWO13-006+ |

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| 07:00 | **Giada At Home: Raffy's In The House (R)**  Aunt Raffy joins Giada De Laurentiis in the kitchen for a day of fun and laughter while her sister, Eloisa, joins them to try out their family dishes. | **PG**  +GIHO08-013+ |

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

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| 09:30 | **Guy's Grocery Games: Last Judge Standing Tournament, Pt. 1 (R)**  Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG**  +GUGG15-005+ |

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| 10:30 | **The Pioneer Woman: Mom's Day (R)**  It's a fun day of treats for Mom - while Ladd and the kids wash her truck. | **PG**  +PIWO13-006+ |

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| 11:00 | **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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| 12:00 | **Giada At Home: Raffy's In The House (R)**  Aunt Raffy joins Giada De Laurentiis in the kitchen for a day of fun and laughter while her sister, Eloisa, joins them to try out their family dishes. | **PG**  +GIHO08-013+ |

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| 12:30 | **Guy's Grocery Games: Last Judge Standing Tournament, Pt. 1 (R)**  Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG**  +GUGG15-005+ |

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| 13:30 | **Chopped: Leap Of Faith (R)**  A priest, a nun-in-training, a rabbi, and a pastor compete in the Chopped Kitchen! | **PG**  +CHPD28-013+ |

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| 14:30 | **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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| 15:30 | **The Pioneer Woman: Kit And Caboodle (R)**  Ree Drummond's knocking out four fabulous get-ahead meal kits, portioned, prepped and ready to go. | **PG**  +PIWO13-007+ |

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| 16:00 | **Giada At Home: Kids In The Kitchen (R)**  Giada de Laurentiis is joined in the kitchen by her daughter and her friends for a kids' cooking class. The kid-friendly menu features Pizza Popcorn and Green Spears and Ham. | **PG**  +GIHO07-001+ |

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| 16:30 | **House Of Wellness (R) ’CC’**  Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Rachael Finch, Jo Stanley and Luke Hines. | **PG**  +HOWL03-004+ |

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| 17:30 | **Rachael Ray's Week In A Day: Meatlovers' Lane (R)**  A whole week's worth of meals that no meat lover can resist. | **PG**  +WIAD03-003+ |

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

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| 19:30 | **Bizarre Foods With Andrew Zimmern: NYC: Will Work For Food NEW EPISODE**  Andrew comes back to the Big Apple, the place where he got his start in the restaurant business. Does he have the chops to keep up with busy workers churning out food in the city that never sleeps? | **PG**  +BIFO04-015+ |

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| 20:30 | **Anthony Bourdain: No Reservations: Kurdistan (R)**  Tony and his crew venture to the war zone and fledgling country of Kurdistan. | **M (L)**  +NORE07-015+ |

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| 21:30 | **Cutthroat Kitchen: The Undertater NEW EPISODE**  Culinary curveballs include a giant boulder of aluminium foil; chefs being forced to cook for each other; and a memory game to win ingredients. | **PG**  +CUTK05-011+ |

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| 22:30 | **Bizarre Foods With Andrew Zimmern: NYC: Will Work For Food (R)**  Andrew comes back to the Big Apple, the place where he got his start in the restaurant business. Does he have the chops to keep up with busy workers churning out food in the city that never sleeps? | **PG**  +BIFO04-015+ |

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| 23:30 | **Chopped: Knife Strife (R)**  The competition begins with a gory story in the appetizer round, when the chefs find blood sausages in the basket. | **PG**  +CHPD27-001+ |

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| 00:30 | **Sydney Weekender (R) ’CC’**  Mike heads down the infamous Southern Highlands Pie Trail for the upcoming Pie Fest. Matt gets a behind the scenes look at Priscilla: The Musical. Lizzy checks out the Coogee Bay Hotel. Starring:BECK STEVENS,JASON STEVENS,ERICA DAVIS,LIZZY LOVETTE,MIKE WHITNEY,MATT BASELEY | **G**  +7SWE25-016+ |

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| 01:00 | **The Great Day Out (R) ’CC’**  Jill shares a glimpse into traditional initiations, ARIA Award winner Anthony Callea shares his Great Day Out. Alastair is on a food trek and Sofie has a few ideas for your next driving adventure. | **G**  +GDOT18-021+ |

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| 01:30 | **Creek To Coast (R) ’CC’**  Liz is on guard with the Coast Guard. Roger is gearing up for Easter and Scotty is in the Gladstone Region looking for the ABC of fish, Bream, Cod and A big one. | **G**  +7CTC18-004+ |

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| 02:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-030+ |

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| 02:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-016+ |

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| 03:00 | **Queensland Weekender (R) ’CC’**  Sammie is travelling through the heart of Queensland on a road trip to some of the Outback's best events. Taking in some of this beautiful scenery and meeting a few colourful characters along the way. | **G**  +7QWE18-026+ |

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| 03:30 | **Sydney Weekender (R) ’CC’**  Mike heads down the infamous Southern Highlands Pie Trail for the upcoming Pie Fest. Matt gets a behind the scenes look at Priscilla: The Musical. Lizzy checks out the Coogee Bay Hotel. Starring:BECK STEVENS,JASON STEVENS,ERICA DAVIS,LIZZY LOVETTE,MIKE WHITNEY,MATT BASELEY | **G**  +7SWE25-016+ |

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| 04:00 | **The Great Day Out (R) ’CC’**  Jill shares a glimpse into traditional initiations, ARIA Award winner Anthony Callea shares his Great Day Out. Alastair is on a food trek and Sofie has a few ideas for your next driving adventure. | **G**  +GDOT18-021+ |

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

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

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| 05:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-016+ |

**Saturday 23 March 2019**

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| 06:00 | **Rachael Ray's Week In A Day: Meatlovers' Lane (R)**  A whole week's worth of meals that no meat lover can resist. | **PG**  +WIAD03-003+ |

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| 07:00 | **Guy's Grocery Games: Last Judge Standing Tournament, Pt. 1 (R)**  Chefs compete for the chance of $20,000 as they are cooking inside a grocery store. | **PG**  +GUGG15-005+ |

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| 08:00 | **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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| 09:00 | **Giada At Home: Kids In The Kitchen (R)**  Giada de Laurentiis is joined in the kitchen by her daughter and her friends for a kids' cooking class. The kid-friendly menu features Pizza Popcorn and Green Spears and Ham. | **PG**  +GIHO07-001+ |

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| 09:30 | **The Pioneer Woman: Kit And Caboodle (R)**  Ree Drummond's knocking out four fabulous get-ahead meal kits, portioned, prepped and ready to go. | **PG**  +PIWO13-007+ |

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| 10:00 | **Cutthroat Kitchen: The Undertater (R)**  Culinary curveballs include a giant boulder of aluminium foil; chefs being forced to cook for each other; and a memory game to win ingredients. | **PG**  +CUTK05-011+ |

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| 11:00 | **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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| 12:00 | **Giada At Home: Kids In The Kitchen (R)**  Giada de Laurentiis is joined in the kitchen by her daughter and her friends for a kids' cooking class. The kid-friendly menu features Pizza Popcorn and Green Spears and Ham. | **PG**  +GIHO07-001+ |

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| 12:30 | **The Pioneer Woman: Kit And Caboodle (R)**  Ree Drummond's knocking out four fabulous get-ahead meal kits, portioned, prepped and ready to go. | **PG**  +PIWO13-007+ |

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| 13:00 | **Bizarre Foods With Andrew Zimmern: NYC: Will Work For Food (R)**  Andrew comes back to the Big Apple, the place where he got his start in the restaurant business. Does he have the chops to keep up with busy workers churning out food in the city that never sleeps? | **PG**  +BIFO04-015+ |

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| 14:00 | **Chopped: Knife Strife (R)**  The competition begins with a gory story in the appetizer round, when the chefs find blood sausages in the basket. | **PG**  +CHPD27-001+ |

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| 15:00 | **Cutthroat Kitchen: The Undertater (R)**  Culinary curveballs include a giant boulder of aluminium foil; chefs being forced to cook for each other; and a memory game to win ingredients. | **PG**  +CUTK05-011+ |

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| 16:00 | **Giada At Home: Giada's Vegas Favorites (R)**  Giada De Laurentiis makes a handful of recipes from her new restaurant in Las Vegas. The dishes are Italian with a California twist, like Chicken Marsala Meatballs. | **PG**  +GIHO07-002+ |

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| 16:30 | **Ten Dollar Dinners: Back In Tucson (R)**  Melissa d'Arabian shares some of her favorite recipes from her childhood in Tucson. | **PG**  +TEDD07-004+ |

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| 17:00 | **Rachael Ray's Week In A Day: A Chicken In Every Pot**  The good old chicken dinner gets reinvented in five ways, with recipes from all over the world. | **PG**  +WIAD03-008+ |

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| 18:00 | **Anthony Bourdain: No Reservations: Kurdistan (R)**  Tony and his crew venture to the war zone and fledgling country of Kurdistan. | **PG (A,V)**  +NORE07-015+ |

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| 19:00 | **Manu's American Road Trip (R) ’CC’**  Manu kicks off his epic road trip across the Deep South of America in Miami where he heads to Little Havana to find the best Cuban food in the US. | **PG**  +MART01-001+ |

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| 20:00 | **Iron Chef America: Forgione vs. Wong NEW EPISODE**  There are lots of tricks and treats in this sweet Halloween battle, as Iron Chef Marc Forgione is challenged by Chef Lee Anne Wong. | **PG**  +ICAM10-016+ |

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| 21:00 | **Iron Chef America: Morimoto vs. Bogle NEW EPISODE**  Iron Chef Masaharu Morimoto faces off against New York chef Justin Bogle. | **PG**  +ICAM10-017+ |

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| 22:00 | **Throwdown With Bobby Flay: Fondue NEW EPISODE**  Bobby Flay takes on a gritty Frenchman with nerves of steel. It's fondue time for Bobby Flay in this Fondue Throwdown. | **PG**  +TWBF09-013+ |

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| 22:30 | **Guy's Grocery Games: Flavortown Honors Firefighters NEW EPISODE**  Four firefighter chefs put their culinary chops to the test in a night of competitive camaraderie. | **PG**  +GUGG16-008+ |

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| 23:30 | **Ten Dollar Dinners: Back In Tucson (R)**  Melissa d'Arabian shares some of her favorite recipes from her childhood in Tucson. | **PG**  +TEDD07-004+ |

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| 00:00 | **Giada At Home: Giada's Vegas Favorites (R)**  Giada De Laurentiis makes a handful of recipes from her new restaurant in Las Vegas. The dishes are Italian with a California twist, like Chicken Marsala Meatballs. | **PG**  +GIHO07-002+ |

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| 00:30 | **Sydney Weekender (R) ’CC’**  Mike takes his Isuzu through its paces at the I-Venture Club 4WD Experience at River Island. Fliss visits Avoca Surf House. Karen gets a 'beer-ducation' with Dave's Travel and Events. Starring:ERICA DAVIS,FELICITY URQUHART,KAREN LEDBURY,SALLY STANTON,MIKE WHITNEY | **G**  +7SWE25-017+ |

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

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

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

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| 02:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-017+ |

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| 03:00 | **Queensland Weekender (R) ’CC’**  Sammie's outback adventure continues. | **G**  +7QWE18-027+ |

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| 03:30 | **Sydney Weekender (R) ’CC’**  Mike takes his Isuzu through its paces at the I-Venture Club 4WD Experience at River Island. Fliss visits Avoca Surf House. Karen gets a 'beer-ducation' with Dave's Travel and Events. Starring:ERICA DAVIS,FELICITY URQUHART,KAREN LEDBURY,SALLY STANTON,MIKE WHITNEY | **G**  +7SWE25-017+ |

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| 04:00 | **The Great Day Out (R) ’CC’**  Sofie and her mum are on a tasting safari of Tamborine, Laurel discovers the 'spirits of the land' and Jess is with some life-changing pups. | **G**  +GDOT18-022+ |

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

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

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| 05:30 | **Home In WA (R)**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA21-017+ |