**Sunday 25 August 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike's cruising the Tweed River in search of lunch! Sally's pulling on her skates and checking out the latest craze to hit the ice - bubble soccer! Starring:SALLY STANTON,MIKE WHITNEY | **G**  +7SWE25-009+ |

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

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| 07:00 | **The Grill Dads: Bigger, More Outrageous Meats (R)**  The Grill Dads head to Jackson, for an insanely ginormous 40-ounce steak that's not for the faint of heart. | **PG**  +GRIL01-006+ |

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| 07:30 | **Comfort Food Tour: A Symphony Of Sauces (R)**  What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG**  +CMFT02-006+ |

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| 08:00 | **My France With Manu: The Rhone Valley (R) ’CC’**  Manu returns to take us on another journey through his home country. Beginning in the French Alps, he goes mountain biking before heading to Lyon to learn boat jousting and to try the local cuisine. | **PG**  +MANU2-001+ |

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| 09:00 | **Beach Eats USA: Hidden Gems (R)**  Curtis Stone uncovers the beach spots tucked away from the beaten path and serving amazing food to those who know where to find it. | **PG**  +BEEA01-006+ |

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| 09:30 | **Iron Chef America: Guarnaschelli VS. Sutherland (R)**  Minnesota chef Justin Sutherland brings his contemporary Southern cuisine to Kitchen Stadium in an attempt to fleece Iron Chef Alex Guarnaschelli. | **PG**  +ICAM13-006+ |

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| 10:30 | **Iron Chef America: Forgione VS. Dang (R)**  Vietnamese Chef Thai Dang fishes for a win from the Chairman during his battle against Iron Chef Marc Forgione. Judges Jonathan Waxman and Tanya Holland will determine a winner. | **PG**  +ICAM13-007+ |

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| 11:30 | **Diners, Drive-Ins and Dives: Sammies And Stew (R)**  Guy Fieri's diggin' into some super sandwiches and savoury stew. | **PG**  +DDID18-006+ |

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| 12:00 | **Diners, Drive-Ins and Dives: All Kinds Of Gobble Gobble (R)**  Guy Fieri's gettin' a variety of Thanksgiving tastes and treasures. | **PG**  +DDID18-007+ |

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| 12:30 | **My France With Manu: The Rhone Valley (R) ’CC’**  Manu returns to take us on another journey through his home country. Beginning in the French Alps, he goes mountain biking before heading to Lyon to learn boat jousting and to try the local cuisine. | **PG**  +MANU2-001+ |

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| 13:30 | **Beach Eats USA: Hidden Gems (R)**  Curtis Stone uncovers the beach spots tucked away from the beaten path and serving amazing food to those who know where to find it. | **PG**  +BEEA01-006+ |

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| 14:00 | **The Grill Dads: Bigger, More Outrageous Meats (R)**  The Grill Dads head to Jackson, for an insanely ginormous 40-ounce steak that's not for the faint of heart. | **PG**  +GRIL01-006+ |

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| 14:30 | **Comfort Food Tour: A Symphony Of Sauces (R)**  What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG**  +CMFT02-006+ |

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| 15:00 | **Diners, Drive-Ins and Dives: Sammies And Stew (R)**  Guy Fieri's diggin' into some super sandwiches and savoury stew. | **PG**  +DDID18-006+ |

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| 15:30 | **Diners, Drive-Ins and Dives: All Kinds Of Gobble Gobble (R)**  Guy Fieri's gettin' a variety of Thanksgiving tastes and treasures. | **PG**  +DDID18-007+ |

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

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| 17:00 | **Iron Chef America: Forgione VS. Dang (R)**  Vietnamese Chef Thai Dang fishes for a win from the Chairman during his battle against Iron Chef Marc Forgione. Judges Jonathan Waxman and Tanya Holland will determine a winner. | **PG**  +ICAM13-007+ |

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| 18:00 | **Kid's Baking Championship: Unicornucopia (R)**  Duff Goldman and Valerie Bertinelli challenge the eight kid bakers to use their imaginations to create a unicorn cake that illustrates a specific emotion. | **PG**  +KBAC04-006+ |

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| 19:00 | **Ridiculous Cakes: This Cake Rocks! (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**  +RICA01-001+ |

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| 19:30 | **Cake Wars: Rugrats (R)**  Cake Wars gets animated celebrating everyone's favorite babies, the Rugrats. | **PG**  +CAKW04-013+ |

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| 20:30 | **Ramsay's Hotel Hell: The Roosevelt (R) ’CC’**  Ramsay checks into the Roosevelt Hotel, where the owner is more interested in dressing up like Sherlock Holmes for murder mystery nights than he is in updating the hotel's musty décor. Starring:GORDON RAMSAY | **M (L)**  +HELL01-006+ |

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| 21:30 | **Cupcake Wars: Wicked NEW EPISODE**  Four cupcake bakers battle for a place at the star-studded party for the Los Angeles opening of the hit Broadway musical "Wicked". | **PG**  +CUPW04-005+ |

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| 22:30 | **Cupcake Wars: Aloha Cupcakes (R)**  Four bakers will have to "lei" it all on the line if they want to win the chance to serve their cupcakes at the Hawaii Food and Wine Festival in Oahu. | **PG**  +CUPW07-013+ |

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| 23:30 | **Ridiculous Cakes: This Cake Rocks! (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**  +RICA01-001+ |

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

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| 01:30 | **Creek To Coast (R) ’CC’**  The Creek to Coast team are on an extreme 4WD adventure across Queensland's outback and through the Red Centre of the Northern Territory. | **G**  +7CTC18-015+ |

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| 02:00 | **The Great Day Out (R) ’CC’**  Jill unleashes her creative side. Laurel is in a town, rich in history. Paralympic swimmer Karni Liddell shares her Great Day Out, while Sofie is visiting some innovative and passionate producers. | **G**  +GDOT18-036+ |

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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**  +HIWA21-022+ |

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| 03:00 | **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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| 03:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-020+ |

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

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| 05:00 | **The Great Day Out (R) ’CC’**  Jill unleashes her creative side. Laurel is in a town, rich in history. Paralympic swimmer Karni Liddell shares her Great Day Out, while Sofie is visiting some innovative and passionate producers. | **G**  +GDOT18-036+ |

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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**  +HIWA21-022+ |

**Monday 26 August 2019**

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| 06:00 | **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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| 06:30 | **Kid's Baking Championship: Unicornucopia (R)**  Duff Goldman and Valerie Bertinelli challenge the eight kid bakers to use their imaginations to create a unicorn cake that illustrates a specific emotion. | **PG**  +KBAC04-006+ |

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| 07:30 | **Cake Wars: Rugrats (R)**  Cake Wars gets animated celebrating everyone's favorite babies, the Rugrats. | **PG**  +CAKW04-013+ |

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| 08:30 | **Cupcake Wars: Wicked (R)**  Four cupcake bakers battle for a place at the star-studded party for the Los Angeles opening of the hit Broadway musical "Wicked". | **PG**  +CUPW04-005+ |

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| 09:30 | **Cupcake Wars: Aloha Cupcakes (R)**  Four bakers will have to "lei" it all on the line if they want to win the chance to serve their cupcakes at the Hawaii Food and Wine Festival in Oahu. | **PG**  +CUPW07-013+ |

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| 10:30 | **Better Homes And Gardens (R) ’CC’**  Joh and Pete step inside a family home made from shipping containers. Dr Harry meets a young pup who has disrupted life on a farm. Ed makes a coconut cream pie. | **G**  +BHAG25-030+ |

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| 12:00 | **Cupcake Wars: Wicked (R)**  Four cupcake bakers battle for a place at the star-studded party for the Los Angeles opening of the hit Broadway musical "Wicked". | **PG**  +CUPW04-005+ |

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| 13:00 | **Cupcake Wars: Aloha Cupcakes (R)**  Four bakers will have to "lei" it all on the line if they want to win the chance to serve their cupcakes at the Hawaii Food and Wine Festival in Oahu. | **PG**  +CUPW07-013+ |

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| 14:00 | **Kid's Baking Championship: Unicornucopia (R)**  Duff Goldman and Valerie Bertinelli challenge the eight kid bakers to use their imaginations to create a unicorn cake that illustrates a specific emotion. | **PG**  +KBAC04-006+ |

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| 15:00 | **Ridiculous Cakes: This Cake Rocks! (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**  +RICA01-001+ |

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| 15:30 | **Baked In Vermont: Garden Graduation Party (R)**  Gesine Prado is honored to host a high school graduation party for her dear friends' daughter. It's a special day and they're celebrating the big event with a garden party filled with sweet treats. | **PG**  +BAVE02-005+ |

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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**  +HOWL03-027+ |

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| 17:00 | **Giada At Home: My Thai (R)**  Giada De Laurentiis is inspired by her recent trip to Thailand to create an exotic dinner at home. The menu features Thai Curry, Naked Spring Rolls and a sweet Thai Iced Tea. | **PG**  +GIHO06-025+ |

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| 17:30 | **The Kitchen: Throw A Party For Your Pop (R)**  The Kitchen kicks off Father's Day celebrations with a stack of Marcela Valladolid's Sausage and Bacon Pancakes and a lesson in building a golf course cake with a store-bought cake. | **PG**  +TKIT13-011+ |

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| 18:30 | **Chopped: Ready For Redemption (R)**  Four former Chopped runners up are brave enough to return to the Chopped Kitchen, and in the appetizer basket, they find a shocker of a protein and some sweet jam. | **PG**  +CHPD27-008+ |

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| 19:30 | **Cake Wars: Hello Kitty NEW EPISODE**  Winning baker's cake will be featured at the launch of Hello Kitty's North American tour. | **PG**  +CAKW01-005+ |

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| 20:30 | **Hell's Kitchen USA NEW EPISODE**  World renowned chef Gordon Ramsay puts aspiring young chefs through rigorous cooking challenges and dinner services at his restaurant in Hollywood. | **M (L)**  +HEKI14-013+ |

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| 21:30 | **Hell's Kitchen USA NEW EPISODE**  World renowned chef Gordon Ramsay puts aspiring young chefs through rigorous cooking challenges and dinner services at his restaurant in Hollywood. | **M (L)**  +HEKI14-014+ |

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| 22:30 | **Ramsay's Kitchen Nightmares: The Fenwick Arms (R) ’CC’**  Gordon tackles The Fenwick Arms pub in rural Lancashire. The pub is run by a landlord who, after thirty years in the business and a quadruple heart-bypass, still puts in 120 hours a week. | **MA (L)**  +RAKN03-002+ |

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| 23:30 | **Chopped: Ready For Redemption (R)**  Four former Chopped runners up are brave enough to return to the Chopped Kitchen, and in the appetizer basket, they find a shocker of a protein and some sweet jam. | **PG**  +CHPD27-008+ |

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| 00:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-021+ |

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| 01:00 | **Queensland Weekender (R) ’CC’**  Lee has the ultimate guide to the Whitsundays with plenty of adventure thrown in. | **G**  +7QWE18-031+ |

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| 01:30 | **Creek To Coast (R) ’CC’**  The Creek to Coast team continue their epic 4WD adventure across Queensland's outback and through the Red Centre of the Northern Territory. This final leg takes in Uluru and the Simpson Desert. | **G**  +7CTC18-016+ |

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| 02:00 | **The Great Day Out (R) ’CC’**  Laurel checks out Queensland's first library of things, Courtney enjoys some old-fashioned fun at The Ginger Factory while Sofie is in paradise, just off the coast of Brisbane. | **G**  +GDOT18-037+ |

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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**  +HIWA21-023+ |

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| 03:00 | **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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| 03:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-021+ |

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| 04:00 | **Queensland Weekender (R) ’CC’**  Lee has the ultimate guide to the Whitsundays with plenty of adventure thrown in. | **G**  +7QWE18-031+ |

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| 04:30 | **Creek To Coast (R) ’CC’**  The Creek to Coast team continue their epic 4WD adventure across Queensland's outback and through the Red Centre of the Northern Territory. This final leg takes in Uluru and the Simpson Desert. | **G**  +7CTC18-016+ |

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| 05:00 | **The Great Day Out (R) ’CC’**  Laurel checks out Queensland's first library of things, Courtney enjoys some old-fashioned fun at The Ginger Factory while Sofie is in paradise, just off the coast of Brisbane. | **G**  +GDOT18-037+ |

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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**  +HIWA21-023+ |

**Tuesday 27 August 2019**

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| 06:00 | **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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| 06:30 | **Baked In Vermont: Garden Graduation Party (R)**  Gesine Prado is honored to host a high school graduation party for her dear friends' daughter. It's a special day and they're celebrating the big event with a garden party filled with sweet treats. | **PG**  +BAVE02-005+ |

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| 07:00 | **Easy Chinese: Use Your Noodle (R)**  The almighty Chinese noodle gets the red-carpet treatment as Ching-He Huang explores the variety of Chinese noodles and how they are used. | **PG**  +EACH02-007+ |

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| 07:30 | **The Kitchen: Throw A Party For Your Pop (R)**  The Kitchen kicks off Father's Day celebrations with a stack of Marcela Valladolid's Sausage and Bacon Pancakes and a lesson in building a golf course cake with a store-bought cake. | **PG**  +TKIT13-011+ |

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| 08:30 | **Cake Wars: Hello Kitty (R)**  Winning baker's cake will be featured at the launch of Hello Kitty's North American tour. | **PG**  +CAKW01-005+ |

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| 09:30 | **Giada At Home: My Thai (R)**  Giada De Laurentiis is inspired by her recent trip to Thailand to create an exotic dinner at home. The menu features Thai Curry, Naked Spring Rolls and a sweet Thai Iced Tea. | **PG**  +GIHO06-025+ |

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

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| 10:30 | **Baked In Vermont: Garden Graduation Party (R)**  Gesine Prado is honored to host a high school graduation party for her dear friends' daughter. It's a special day and they're celebrating the big event with a garden party filled with sweet treats. | **PG**  +BAVE02-005+ |

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| 11:00 | **My Greek Odyssey (R) ’CC’**  Peter continues his journey and makes his way to Kefalonia, the largest of the Ionian Islands. | **PG**  +MYGO01-010+ |

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| 12:00 | **The Kitchen: Throw A Party For Your Pop (R)**  The Kitchen kicks off Father's Day celebrations with a stack of Marcela Valladolid's Sausage and Bacon Pancakes and a lesson in building a golf course cake with a store-bought cake. | **PG**  +TKIT13-011+ |

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| 13:00 | **Chopped: Ready For Redemption (R)**  Four former Chopped runners up are brave enough to return to the Chopped Kitchen, and in the appetizer basket, they find a shocker of a protein and some sweet jam. | **PG**  +CHPD27-008+ |

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| 14:00 | **Giada At Home: My Thai (R)**  Giada De Laurentiis is inspired by her recent trip to Thailand to create an exotic dinner at home. The menu features Thai Curry, Naked Spring Rolls and a sweet Thai Iced Tea. | **PG**  +GIHO06-025+ |

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| 14:30 | **My Greek Odyssey (R) ’CC’**  Peter continues his journey and makes his way to Kefalonia, the largest of the Ionian Islands. | **PG**  +MYGO01-010+ |

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| 15:30 | **Cake Wars: Hello Kitty (R)**  Winning baker's cake will be featured at the launch of Hello Kitty's North American tour. | **PG**  +CAKW01-005+ |

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| 16:30 | **Easy Chinese: Use Your Noodle (R)**  The almighty Chinese noodle gets the red-carpet treatment as Ching-He Huang explores the variety of Chinese noodles and how they are used. | **PG**  +EACH02-007+ |

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| 17:00 | **Giada At Home: Summer Splash (R)**  Giada De Laurentiis hosts a summertime pool party in her backyard with a fun menu to match. The recipes include Buffalo Grilled Shrimp With Goat Cheese Dipping Sauce and Gazpacho Sandwiches. | **PG**  +GIHO06-026+ |

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| 17:30 | **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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| 18:30 | **Chopped: Truck Stop Stars (R)**  Four talented truck stop chefs bring their renowned take on comfort food to the Chopped Kitchen. | **PG**  +CHPD27-009+ |

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| 19:30 | **Mystery Diners: Rigged Rental (R)**  Steve, owner of Nashville Street Tacos and The Stillery in Nashville, believes his part-time apartment above his restaurant is being used while he's out of town. | **PG (L,A)**  +MYSD11-012+ |

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| 20:00 | **Mystery Diners: Tables Turned (R)**  In this special episode of Mystery Diners, Charles Stiles and his undercover team risk it all to bust the boss. For the first time ever, the sting is conducted from inside the restaurant. | **PG (L,A)**  +MYSD11-013+ |

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| 20:30 | **Restaurant: Impossible: Saving Grace (R)**  Grace and Eddie invested their savings and borrowed money to open up Grace's Place Bagels and Deli in Palm Coast. Two years and $320,000 in debt later, Chef Robert Irvine is their last hope. | **PG**  +RIMP08-012+ |

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| 21:30 | **Restaurant: Impossible: No Day At The Beach (R)**  When Chef Robert meets Jordan, the self-described stubborn owner of the Portu-Greek Cafe in Hudson, he knows that he's in for a challenge. | **PG**  +RIMP08-013+ |

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| 22:30 | **Mystery Diners: Rigged Rental (R)**  Steve, owner of Nashville Street Tacos and The Stillery in Nashville, believes his part-time apartment above his restaurant is being used while he's out of town. | **PG (L,A)**  +MYSD11-012+ |

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| 23:30 | **Chopped: Truck Stop Stars (R)**  Four talented truck stop chefs bring their renowned take on comfort food to the Chopped Kitchen. | **PG**  +CHPD27-009+ |

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| 00:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-022+ |

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| 01:00 | **Queensland Weekender (R) ’CC’**  Daredevil Duane takes to the skies; Sammie is meeting turtles on Lady Musgrave Island while Luke and Cody are taking a train trip. | **G**  +7QWE18-032+ |

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| 01:30 | **Creek To Coast (R) ’CC’**  Luke and Cody are up north for the Weipa Fishing Classic, Scotty is wetting a line in Mackay and Sally is putting a healthy twist on some culinary classics. | **G**  +7CTC18-017+ |

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| 02:00 | **The Great Day Out (R) ’CC’**  Jillian enjoys a foodie trail on the Redlands Coast, 7NEWS sports presenter Ben Davis shares his Great Day Out while Courtney heads bush for a different take on a music festival. | **G**  +GDOT18-038+ |

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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**  +HIWA21-024+ |

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| 03:00 | **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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| 03:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-022+ |

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| 04:00 | **Queensland Weekender (R) ’CC’**  Daredevil Duane takes to the skies; Sammie is meeting turtles on Lady Musgrave Island while Luke and Cody are taking a train trip. | **G**  +7QWE18-032+ |

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| 04:30 | **Creek To Coast (R) ’CC’**  Luke and Cody are up north for the Weipa Fishing Classic, Scotty is wetting a line in Mackay and Sally is putting a healthy twist on some culinary classics. | **G**  +7CTC18-017+ |

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| 05:00 | **The Great Day Out (R) ’CC’**  Jillian enjoys a foodie trail on the Redlands Coast, 7NEWS sports presenter Ben Davis shares his Great Day Out while Courtney heads bush for a different take on a music festival. | **G**  +GDOT18-038+ |

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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**  +HIWA21-024+ |

**Wednesday 28 August 2019**

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| 06:00 | **Restaurant: Impossible: Saving Grace (R)**  Grace and Eddie invested their savings and borrowed money to open up Grace's Place Bagels and Deli in Palm Coast. Two years and $320,000 in debt later, Chef Robert Irvine is their last hope. | **PG**  +RIMP08-012+ |

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| 07:00 | **Easy Chinese: The Chinese Like It Hotter (R)**  When it comes to spicy food, Chinese food is often not thought of as being part of the conversation. Ching-He Huang wants to change this perception. | **PG**  +EACH02-008+ |

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| 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 | **Mystery Diners: Rigged Rental (R)**  Steve, owner of Nashville Street Tacos and The Stillery in Nashville, believes his part-time apartment above his restaurant is being used while he's out of town. | **PG (L,A)**  +MYSD11-012+ |

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| 09:00 | **Mystery Diners: Tables Turned (R)**  In this special episode of Mystery Diners, Charles Stiles and his undercover team risk it all to bust the boss. For the first time ever, the sting is conducted from inside the restaurant. | **PG (L,A)**  +MYSD11-013+ |

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| 09:30 | **Giada At Home: Summer Splash (R)**  Giada De Laurentiis hosts a summertime pool party in her backyard with a fun menu to match. The recipes include Buffalo Grilled Shrimp With Goat Cheese Dipping Sauce and Gazpacho Sandwiches. | **PG**  +GIHO06-026+ |

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

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| 10:30 | **Baked In Vermont: Italy Revisited (R)**  Gesine has invited her friends over for a trip down memory lane and a big Italian dinner of Bolognese Lasagne and Caprese Salad. | **PG**  +BAVE02-006+ |

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| 11:00 | **Restaurant: Impossible: No Day At The Beach (R)**  When Chef Robert meets Jordan, the self-described stubborn owner of the Portu-Greek Cafe in Hudson, he knows that he's in for a challenge. | **PG**  +RIMP08-013+ |

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| 12:00 | **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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| 13:00 | **Chopped: Truck Stop Stars (R)**  Four talented truck stop chefs bring their renowned take on comfort food to the Chopped Kitchen. | **PG**  +CHPD27-009+ |

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| 14:00 | **Giada At Home: Summer Splash (R)**  Giada De Laurentiis hosts a summertime pool party in her backyard with a fun menu to match. The recipes include Buffalo Grilled Shrimp With Goat Cheese Dipping Sauce and Gazpacho Sandwiches. | **PG**  +GIHO06-026+ |

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| 14:30 | **Restaurant: Impossible: Saving Grace (R)**  Grace and Eddie invested their savings and borrowed money to open up Grace's Place Bagels and Deli in Palm Coast. Two years and $320,000 in debt later, Chef Robert Irvine is their last hope. | **PG**  +RIMP08-012+ |

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| 15:30 | **Restaurant: Impossible: No Day At The Beach (R)**  When Chef Robert meets Jordan, the self-described stubborn owner of the Portu-Greek Cafe in Hudson, he knows that he's in for a challenge. | **PG**  +RIMP08-013+ |

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| 16:30 | **Easy Chinese: The Chinese Like It Hotter (R)**  When it comes to spicy food, Chinese food is often not thought of as being part of the conversation. Ching-He Huang wants to change this perception. | **PG**  +EACH02-008+ |

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| 17:00 | **Giada At Home: Haunted House (R)**  Giada De Laurentiis hosts a spooky backyard Halloween party with a fun haunted house and delicious treats that celebrate the flavors and colors of the season. | **PG**  +GIHO05-001+ |

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| 17:30 | **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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| 18:30 | **Chopped: Beg, Borrow Or Eel (R)**  In the first basket, nobody is thrilled to see a slimy surprise - will there be enough time to deal with it properly and still creatively address the other three ingredients? | **PG**  +CHPD27-010+ |

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| 19:30 | **Restaurant: Impossible: His Way Or The Highway (R)**  The Windsor 75 in Windsor, Conn., is just seven years old, but is filled with problems - including an outdated decor, five different menus and an overworked staff. | **PG**  +RIMP07-003+ |

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

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| 21:30 | **Mystery Diners: Too Many Tourists (R)**  The owner of Marigny Brasserie in New OrIeans isn't happy about the influx of rowdy tourists at his locals bar, and so he contacts Charles and his team to investigate the situation. | **PG**  +MYSD09-009+ |

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| 22:00 | **Mystery Diners: The Spoils Of Victory (R)**  A bigger problem is exposed after the owner of Victory, in New Orleans, contacts Charles to investigate rumours that his restaurant's signature cocktail is being served at other nearby bars. | **PG**  +MYSD09-010+ |

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| 22:30 | **The Grill Dads: More Of The Good Stuff, Please! NEW EPISODE**  The Grill Dads' epic road trip continues as they head to the Saint Lawrence Gridiron in Boise, Idaho, for a house-rubbed 18-ounce beef rib that's braised and grilled to fall-off-the-bone perfection. | **PG**  +GRIL01-007+ |

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| 23:00 | **Carnival Kings: Donut Burger? Bombs Away! NEW EPISODE**  Richie Farina has found an over-the-top burger battle at the Sacramento County Fair in Northern California. An all-out Asian-inspired assault on the senses, the 'Kanak Attack' Burger. | **PG**  +CKIN01-007+ |

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| 23:30 | **Chopped: Beg, Borrow Or Eel (R)**  In the first basket, nobody is thrilled to see a slimy surprise - will there be enough time to deal with it properly and still creatively address the other three ingredients? | **PG**  +CHPD27-010+ |

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| 00:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-023+ |

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| 01:00 | **Queensland Weekender (R) ’CC’**  Duane is on a north Queensland mountain bike challenge, Kip is on a Man vs. Pancake challenge and Bridget discovers a secret on the Great Barrier Reef. | **G**  +7QWE18-033+ |

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| 01:30 | **Creek To Coast (R) ’CC’**  Andrew takes you off road in comfort, Sally has a healthy alternative to chips and Scotty is at the gateway to the north. | **G**  +7CTC18-018+ |

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| 02:00 | **The Great Day Out (R) ’CC’**  From public art, to private galleries Laurel is discovering the arts scene on the Redlands Coast. Jess is aboard the Mary Valley Rattler while Sofie is playing tourist in her own city. | **G**  +GDOT18-039+ |

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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**  +HIWA21-025+ |

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| 03:00 | **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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| 03:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-023+ |

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| 04:00 | **Queensland Weekender (R) ’CC’**  Duane is on a north Queensland mountain bike challenge, Kip is on a Man vs. Pancake challenge and Bridget discovers a secret on the Great Barrier Reef. | **G**  +7QWE18-033+ |

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| 04:30 | **Creek To Coast (R) ’CC’**  Andrew takes you off road in comfort, Sally has a healthy alternative to chips and Scotty is at the gateway to the north. | **G**  +7CTC18-018+ |

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| 05:00 | **The Great Day Out (R) ’CC’**  From public art, to private galleries Laurel is discovering the arts scene on the Redlands Coast. Jess is aboard the Mary Valley Rattler while Sofie is playing tourist in her own city. | **G**  +GDOT18-039+ |

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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**  +HIWA21-025+ |

**Thursday 29 August 2019**

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| 06:00 | **The Grill Dads: More Of The Good Stuff, Please! (R)**  The Grill Dads' epic road trip continues as they head to the Saint Lawrence Gridiron in Boise, Idaho, for a house-rubbed 18-ounce beef rib that's braised and grilled to fall-off-the-bone perfection. | **PG**  +GRIL01-007+ |

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| 06:30 | **Carnival Kings: Donut Burger? Bombs Away! (R)**  Richie Farina has found an over-the-top burger battle at the Sacramento County Fair in Northern California. An all-out Asian-inspired assault on the senses, the 'Kanak Attack' Burger. | **PG**  +CKIN01-007+ |

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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: 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 | **The Grill Dads: More Of The Good Stuff, Please! (R)**  The Grill Dads' epic road trip continues as they head to the Saint Lawrence Gridiron in Boise, Idaho, for a house-rubbed 18-ounce beef rib that's braised and grilled to fall-off-the-bone perfection. | **PG**  +GRIL01-007+ |

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| 09:00 | **Carnival Kings: Donut Burger? Bombs Away! (R)**  Richie Farina has found an over-the-top burger battle at the Sacramento County Fair in Northern California. An all-out Asian-inspired assault on the senses, the 'Kanak Attack' Burger. | **PG**  +CKIN01-007+ |

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| 09:30 | **Giada At Home: Haunted House (R)**  Giada De Laurentiis hosts a spooky backyard Halloween party with a fun haunted house and delicious treats that celebrate the flavors and colors of the season. | **PG**  +GIHO05-001+ |

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

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| 11:00 | **Restaurant: Impossible: His Way Or The Highway (R)**  The Windsor 75 in Windsor, Conn., is just seven years old, but is filled with problems - including an outdated decor, five different menus and an overworked staff. | **PG**  +RIMP07-003+ |

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| 12:00 | **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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| 13:00 | **Chopped: Beg, Borrow Or Eel (R)**  In the first basket, nobody is thrilled to see a slimy surprise - will there be enough time to deal with it properly and still creatively address the other three ingredients? | **PG**  +CHPD27-010+ |

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| 14:00 | **Giada At Home: Haunted House (R)**  Giada De Laurentiis hosts a spooky backyard Halloween party with a fun haunted house and delicious treats that celebrate the flavors and colors of the season. | **PG**  +GIHO05-001+ |

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| 14:30 | **Restaurant: Impossible: His Way Or The Highway (R)**  The Windsor 75 in Windsor, Conn., is just seven years old, but is filled with problems - including an outdated decor, five different menus and an overworked staff. | **PG**  +RIMP07-003+ |

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| 15:30 | **Mystery Diners: Too Many Tourists (R)**  The owner of Marigny Brasserie in New OrIeans isn't happy about the influx of rowdy tourists at his locals bar, and so he contacts Charles and his team to investigate the situation. | **PG**  +MYSD09-009+ |

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| 16:00 | **Mystery Diners: The Spoils Of Victory (R)**  A bigger problem is exposed after the owner of Victory, in New Orleans, contacts Charles to investigate rumours that his restaurant's signature cocktail is being served at other nearby bars. | **PG**  +MYSD09-010+ |

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| 16:30 | **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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| 17:00 | **Giada At Home: Thanksgiving Sides (R)**  Giada De Laurentiis celebrates the flavors of fall with elegant Thanksgiving side dishes. Some are family favorites, while others are a fun spin on the traditional. | **PG**  +GIHO05-002+ |

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| 17:30 | **The Kitchen: Spooky Surprises (R)**  The Kitchen is serving up some tricks and even better treats for Halloween with Jeff Mauro's Monster Mac and Cheese and Katie Lee's Butternut Squash Soup. | **PG**  +TKIT15-001+ |

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| 18:30 | **Chopped: Chopped: College (R)**  Four college kids with serious cooking chops take over the Chopped Kitchen to see if they can make the grade. | **PG**  +CHPD27-011+ |

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| 19:30 | **Ramsay's Kitchen Nightmares USA: Kati Allo (R) ’CC’**  Ramsay heads to Queens, NY, in hopes of restoring Kati Allo, a Greek restaurant run by husband-and-wife Manny and Christine. He is surprised when he finds Kati Allo isn't the only thing in jeopardy. | **M (L)**  +KNUS07-004+ |

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| 20:30 | **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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| 21:30 | **Ramsay's Kitchen Nightmares: Moore Place (R) ’CC’**  Gordon visits Moore Place, run by two self-confessed restaurant virgins. They've both had successful previous careers, but hadn't fathomed was just how difficult it would be to run a restaurant. | **MA (L)**  +RAKN01-004+ |

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| 22:30 | **Ramsay's Kitchen Nightmares: Rococo (R) ’CC’**  Gordon finds a chef caught in a time warp when he tackles a picturesque but largely unfrequented upmarket restaurant in King's Lynn, a traditional market town on the Norfolk coast. | **MA (L)**  +RAKN03-003+ |

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| 23:30 | **Chopped: Chopped: College (R)**  Four college kids with serious cooking chops take over the Chopped Kitchen to see if they can make the grade. | **PG**  +CHPD27-011+ |

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| 00:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-024+ |

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| 01:00 | **Queensland Weekender (R) ’CC’**  Bridget is on an off-road adventure on Bribie Island, we meet Ranger Annie from Kingfisher Bay Resort who recently had some royal guests while Chris is on Bedarra Island the ultimate in luxury. | **G**  +7QWE18-034+ |

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| 01:30 | **Creek To Coast (R) ’CC’**  This week we are winter camping and Roothy with his mate Jason have all the tips and tricks on how to set up a comfortable site. | **G**  +7CTC18-019+ |

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| 02:00 | **The Great Day Out (R) ’CC’**  Sofie is enjoying a Great Day Out in beautiful Buderim, Laurel is trying her hand at the new sport of axe throwing. Country music star, Adam Brand shares his Great Day Out. | **G**  +GDOT18-040+ |

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| 02:30 | **Home In WA**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-001+ |

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| 03:00 | **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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| 03:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-024+ |

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| 04:00 | **Queensland Weekender (R) ’CC’**  Bridget is on an off-road adventure on Bribie Island, we meet Ranger Annie from Kingfisher Bay Resort who recently had some royal guests while Chris is on Bedarra Island the ultimate in luxury. | **G**  +7QWE18-034+ |

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| 04:30 | **Creek To Coast (R) ’CC’**  This week we are winter camping and Roothy with his mate Jason have all the tips and tricks on how to set up a comfortable site. | **G**  +7CTC18-019+ |

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| 05:00 | **The Great Day Out (R) ’CC’**  Sofie is enjoying a Great Day Out in beautiful Buderim, Laurel is trying her hand at the new sport of axe throwing. Country music star, Adam Brand shares his Great Day Out. | **G**  +GDOT18-040+ |

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| 05:30 | **Home In WA (R)**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-001+ |

**Friday 30 August 2019**

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| 06:00 | **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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| 06:30 | **Baked In Vermont: Picnic For Two (R)**  When the weather is nice, there's nothing that Gesine Prado and Ray enjoy more than eating outdoors under the beautiful Vermont sky. | **PG**  +BAVE02-008+ |

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| 07:00 | **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: Spooky Surprises (R)**  The Kitchen is serving up some tricks and even better treats for Halloween with Jeff Mauro's Monster Mac and Cheese and Katie Lee's Butternut Squash Soup. | **PG**  +TKIT15-001+ |

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| 08:30 | **Rachael Ray's Week In A Day: Border Bonanza (R)**  Get ready for a weeklong fiesta when Rachael shows you how to prepare five straight mouth-watering Tex-Mex meals in a single day. | **PG**  +WIAD03-006+ |

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| 09:30 | **Giada At Home: Thanksgiving Sides (R)**  Giada De Laurentiis celebrates the flavors of fall with elegant Thanksgiving side dishes. Some are family favorites, while others are a fun spin on the traditional. | **PG**  +GIHO05-002+ |

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

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| 11:00 | **Rachael Ray's Week In A Day: Border Bonanza (R)**  Get ready for a weeklong fiesta when Rachael shows you how to prepare five straight mouth-watering Tex-Mex meals in a single day. | **PG**  +WIAD03-006+ |

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| 12:00 | **The Kitchen: Spooky Surprises (R)**  The Kitchen is serving up some tricks and even better treats for Halloween with Jeff Mauro's Monster Mac and Cheese and Katie Lee's Butternut Squash Soup. | **PG**  +TKIT15-001+ |

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| 13:00 | **Chopped: Chopped: College (R)**  Four college kids with serious cooking chops take over the Chopped Kitchen to see if they can make the grade. | **PG**  +CHPD27-011+ |

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| 14:00 | **Giada At Home: Thanksgiving Sides (R)**  Giada De Laurentiis celebrates the flavors of fall with elegant Thanksgiving side dishes. Some are family favorites, while others are a fun spin on the traditional. | **PG**  +GIHO05-002+ |

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| 14:30 | **Rachael Ray's Week In A Day: Border Bonanza (R)**  Get ready for a weeklong fiesta when Rachael shows you how to prepare five straight mouth-watering Tex-Mex meals in a single day. | **PG**  +WIAD03-006+ |

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| 15:30 | **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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| 16:00 | **Baked In Vermont: Picnic For Two (R)**  When the weather is nice, there's nothing that Gesine Prado and Ray enjoy more than eating outdoors under the beautiful Vermont sky. | **PG**  +BAVE02-008+ |

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| 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**  +HOWL03-027+ |

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| 17:30 | **The Kitchen: Feast Of Fall Flavor (R)**  The Kitchen is getting into the autumn spirit with a feast full of fall flavors. Katie Lee whips up comforting Creamy Chicken and Dumplings. | **PG**  +TKIT15-002+ |

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| 18:30 | **Chopped: The Bold And The Baconful (R)**  In the first basket, the chefs are shocked to find that a certain fun food has been wrapped in bacon, and in round two, the three remaining competitors present pork and noodle dishes. | **PG**  +CHPD27-012+ |

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| 19:30 | **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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| 20:30 | **Mystery Diners: Cabin Fever (R)**  Glen and Susan, the owners of the Gateway Restaurant and Lodge located near Sequoia National Park in California, contact Charles Stiles after hearing complaints of unauthorized parties taking place. | **PG**  +MYSD09-011+ |

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| 21:00 | **Mystery Diners: Train Robbery (R)**  Missing supplies and unauthorized passengers are a concern for the owner of the Fillmore and Western Railway in California. | **PG**  +MYSD09-012+ |

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| 21:30 | **Cutthroat Kitchen: Superstar Sabotage: Heat Two (R)**  Chefs Nadia G., Brian Malarkey, Marcel Vigneron and Justin Warner face sabotages, including a very high prep table, cooking in a popcorn machine and getting a hand stuck in a cookie jar. | **PG**  +CUTK05-009+ |

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| 22:30 | **The Grill Dads: More Of The Good Stuff, Please! (R)**  The Grill Dads' epic road trip continues as they head to the Saint Lawrence Gridiron in Boise, Idaho, for a house-rubbed 18-ounce beef rib that's braised and grilled to fall-off-the-bone perfection. | **PG**  +GRIL01-007+ |

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| 23:00 | **Carnival Kings: Donut Burger? Bombs Away! (R)**  Richie Farina has found an over-the-top burger battle at the Sacramento County Fair in Northern California. An all-out Asian-inspired assault on the senses, the 'Kanak Attack' Burger. | **PG**  +CKIN01-007+ |

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| 23:30 | **Mystery Diners: Cabin Fever (R)**  Glen and Susan, the owners of the Gateway Restaurant and Lodge located near Sequoia National Park in California, contact Charles Stiles after hearing complaints of unauthorized parties taking place. | **PG**  +MYSD09-011+ |

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| 00:00 | **Mystery Diners: Train Robbery (R)**  Missing supplies and unauthorized passengers are a concern for the owner of the Fillmore and Western Railway in California. | **PG**  +MYSD09-012+ |

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| 00:30 | **Chopped: The Bold And The Baconful (R)**  In the first basket, the chefs are shocked to find that a certain fun food has been wrapped in bacon, and in round two, the three remaining competitors present pork and noodle dishes. | **PG**  +CHPD27-012+ |

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| 01:30 | **Creek To Coast (R) ’CC’**  Scotty is in the Hinchinbrook region with his son, Roger is getting out of trouble with new mate Jack and Olivia is taking on Rocky. | **G**  +7CTC18-020+ |

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| 02:00 | **The Great Day Out (R) ’CC’**  Alastair has the difficult job of tasting Brisbane's best fish and chips. Jess gets the low-down on a new yoga craze while Sofie enjoys Brisbane's top animal encounters. | **G**  +GDOT18-041+ |

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| 02:30 | **Home In WA**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-002+ |

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| 03:00 | **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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| 03:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-025+ |

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| 04:00 | **Queensland Weekender (R) ’CC’**  Today on Queensland Weekender it is Tourism Award season and we celebrate the state's best of the best. | **G**  +7QWE18-035+ |

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| 04:30 | **Creek To Coast (R) ’CC’**  Scotty is in the Hinchinbrook region with his son, Roger is getting out of trouble with new mate Jack and Olivia is taking on Rocky. | **G**  +7CTC18-020+ |

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| 05:00 | **The Great Day Out (R) ’CC’**  Alastair has the difficult job of tasting Brisbane's best fish and chips. Jess gets the low-down on a new yoga craze while Sofie enjoys Brisbane's top animal encounters. | **G**  +GDOT18-041+ |

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| 05:30 | **Home In WA (R)**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-002+ |

**Saturday 31 August 2019**

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| 06:00 | **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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| 06:30 | **Better Homes And Gardens (R) ’CC’**  Joh and Pete step inside a family home made from shipping containers. Dr Harry meets a young pup who has disrupted life on a farm. Ed makes a coconut cream pie. | **G**  +BHAG25-030+ |

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| 08:00 | **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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| 08:30 | **The Kitchen: Feast Of Fall Flavor (R)**  The Kitchen is getting into the autumn spirit with a feast full of fall flavors. Katie Lee whips up comforting Creamy Chicken and Dumplings. | **PG**  +TKIT15-002+ |

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| 09:30 | **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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| 10:00 | **Cutthroat Kitchen: Superstar Sabotage: Heat Two (R)**  Chefs Nadia G., Brian Malarkey, Marcel Vigneron and Justin Warner face sabotages, including a very high prep table, cooking in a popcorn machine and getting a hand stuck in a cookie jar. | **PG**  +CUTK05-009+ |

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| 11:00 | **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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| 12:00 | **Chopped: The Bold And The Baconful (R)**  In the first basket, the chefs are shocked to find that a certain fun food has been wrapped in bacon, and in round two, the three remaining competitors present pork and noodle dishes. | **PG**  +CHPD27-012+ |

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| 13:00 | **Cutthroat Kitchen: Superstar Sabotage: Heat Two (R)**  Chefs Nadia G., Brian Malarkey, Marcel Vigneron and Justin Warner face sabotages, including a very high prep table, cooking in a popcorn machine and getting a hand stuck in a cookie jar. | **PG**  +CUTK05-009+ |

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| 14:00 | **The Grill Dads: More Of The Good Stuff, Please! (R)**  The Grill Dads' epic road trip continues as they head to the Saint Lawrence Gridiron in Boise, Idaho, for a house-rubbed 18-ounce beef rib that's braised and grilled to fall-off-the-bone perfection. | **PG**  +GRIL01-007+ |

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| 14:30 | **Carnival Kings: Donut Burger? Bombs Away! (R)**  Richie Farina has found an over-the-top burger battle at the Sacramento County Fair in Northern California. An all-out Asian-inspired assault on the senses, the 'Kanak Attack' Burger. | **PG**  +CKIN01-007+ |

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| 15:00 | **The Kitchen: Feast Of Fall Flavor (R)**  The Kitchen is getting into the autumn spirit with a feast full of fall flavors. Katie Lee whips up comforting Creamy Chicken and Dumplings. | **PG**  +TKIT15-002+ |

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| 16:00 | **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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| 17:00 | **The Grill Dads: More Of The Good Stuff, Please! (R)**  The Grill Dads' epic road trip continues as they head to the Saint Lawrence Gridiron in Boise, Idaho, for a house-rubbed 18-ounce beef rib that's braised and grilled to fall-off-the-bone perfection. | **PG**  +GRIL01-007+ |

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| 17:30 | **Carnival Kings: Donut Burger? Bombs Away! (R)**  Richie Farina has found an over-the-top burger battle at the Sacramento County Fair in Northern California. An all-out Asian-inspired assault on the senses, the 'Kanak Attack' Burger. | **PG**  +CKIN01-007+ |

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| 18:00 | **Mystery Diners: Cabin Fever (R)**  Glen and Susan, the owners of the Gateway Restaurant and Lodge located near Sequoia National Park in California, contact Charles Stiles after hearing complaints of unauthorized parties taking place. | **PG**  +MYSD09-011+ |

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| 18:30 | **Mystery Diners: Train Robbery (R)**  Missing supplies and unauthorized passengers are a concern for the owner of the Fillmore and Western Railway in California. | **PG**  +MYSD09-012+ |

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

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

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

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| 22:00 | **Iron Chef America: Guarnaschelli VS. Anderson (R)**  Richmond, Virginia's schnitzel queen, Chef Brittanny Anderson, hopes that she doesn't leave Kitchen Stadium feeling blue after battling one of the Chairman's best, Iron Chef Alex Guarnaschelli. | **PG**  +ICAM13-009+ |

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| 23:00 | **Diners, Drive-Ins and Dives: Comfort And Soul (R)**  Guy Fieri's hittin' up some joints that'll warm the palate and the soul. | **PG**  +DDID18-008+ |

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| 23:30 | **Diners, Drive-Ins and Dives: Pork, Pasta And Barbecue (R)**  Guy Fieri's checking out some tried and true local faves. | **PG**  +DDID18-009+ |

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| 00:00 | **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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| 00:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-026+ |

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| 01:00 | **Queensland Weekender (R) ’CC’**  Chris is on a luxury coach tour like no other. From sandstone gorges to reef wonders, it is proof that good times never get old. | **G**  +7QWE18-036+ |

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| 01:30 | **Creek To Coast (R) ’CC’**  Sally is in her element, Olivia uncovers the important work of the Volunteer Marine Rescue and the Coast Guard and Scotty is targeting a fish he hasn't caught in over 30 years. | **G**  +7CTC18-021+ |

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| 02:00 | **The Great Day Out (R) ’CC’**  Alastair digs deep and meets some passionate Toowoomba farmers. Sofie heads to the Great Barrier Reef while Laurel uncovers some recycled gems. | **G**  +GDOT18-042+ |

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| 02:30 | **Home In WA**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-003+ |

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| 03:00 | **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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| 03:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-026+ |

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| 04:00 | **Queensland Weekender (R) ’CC’**  Chris is on a luxury coach tour like no other. From sandstone gorges to reef wonders, it is proof that good times never get old. | **G**  +7QWE18-036+ |

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| 04:30 | **Creek To Coast (R) ’CC’**  Sally is in her element, Olivia uncovers the important work of the Volunteer Marine Rescue and the Coast Guard and Scotty is targeting a fish he hasn't caught in over 30 years. | **G**  +7CTC18-021+ |

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| 05:00 | **The Great Day Out (R) ’CC’**  Alastair digs deep and meets some passionate Toowoomba farmers. Sofie heads to the Great Barrier Reef while Laurel uncovers some recycled gems. | **G**  +GDOT18-042+ |

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| 05:30 | **Home In WA (R)**  Now in its 20th year, Home in WA showcases builders, real estate, home services and products for our home in WA. | **G**  +HIWA22-003+ |