**Sunday 06 October 2019**

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| 06:00 | **Carnival Kings: It's Nacho Business, Dude (R)**  Fearless Chef Richie Farina takes on Nate Janousek of Texas Steak Out and his deep-fried carnival twist on nachos supreme. | **PG**  +CKIN01-003+ |

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| 06:30 | **Diners, Drive-Ins And Dives: Sandwiches, Spaetzle And Sticky Wings (R)**  Guy Fieri's caught up in a whirlwind of flavors. In Norfolk, Va., a two-for-one spot where a bomb butcher stacks sandwiches by day and a chef firing up ramen takes over at night. | **PG**  +DDID27-001+ |

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| 07:00 | **Guy's Grocery Games: Spice City (R)**  Flavortown turns into Spice City when four chefs who like their food with some heat fight for the title of Spice Master. | **PG**  +GUGG15-001+ |

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| 08:00 | **Restaurant: Impossible: Living In The Dark Ages (R)**  Chef Robert Irvine tackles his first-ever theme restaurant, when he comes to the aid of Buzz, the owner of Cave Inn BBQ, a new caveman/dinosaur themed restaurant. | **PG**  +RIMP08-011+ |

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| 09:00 | **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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| 10:00 | **Around The World With Manu: Hong Kong (R)**  After a short flight from Kolkata, Manu arrives in Hong Kong, and is keen to get started with his first cooking experience in this fast-paced city. | **PG**  +AWWM01-004+ |

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| 11:00 | **Around The World With Manu: Japan (R)**  As Manu heads passed the half way mark on his journey around the world, he heads to Tokyo, a city he is keen to dig down into. | **PG**  +AWWM01-005+ |

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| 12:00 | **Carnival Kings: It's Nacho Business, Dude (R)**  Fearless Chef Richie Farina takes on Nate Janousek of Texas Steak Out and his deep-fried carnival twist on nachos supreme. | **PG**  +CKIN01-003+ |

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| 17:00 | **Around The World With Manu: Japan (R)**  As Manu heads passed the half way mark on his journey around the world, he heads to Tokyo, a city he is keen to dig down into. | **PG**  +AWWM01-005+ |

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| 18:00 | **Kid's Baking Championships NEW EPISODE**  The six remaining kid bakers get creative as they invent lunch box desserts. | **G**  +KBAC02-005+ |

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| 19:00 | **Ridiculous Cakes: Seven-Foot Wedding Cake (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**  +RICA01-007+ |

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| 19:30 | **Crazy Cakes: Magical And Mysterious Cakes NEW EPISODE**  Two edible dragons battle it out across a running stream, a sci-fi wedding cake transports the bride and groom to another planet, and an office is fooled by an edible, life-sized desk. | **PG**  +CRAZ01-006+ |

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| 20:00 | **Reality Cupcakes: All That Katz NEW EPISODE**  Ashley Foxen debuts her pastrami-on-rye cupcakes for a thrilled crowd at the 130th anniversary party for Katz's Deli. | **PG**  +RCUP01-006+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: The Fenwick Arms - Revisited (R) ’CC’**  Gordon returns to the Fenwick Arms, and finds that new competition is threatening the pub's survival. | **MA (L)**  +RAKN03-006+ |

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| 21:30 | **Cupcake Wars: Monster Cupcakes NEW EPISODE**  It's monster truck madness as four bakers battle for a place at the VIP Pre-Race Pit Party for Monster Truck Jam. | **PG**  +CUPW04-011+ |

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| 22:30 | **Cake Wars: SpongeBob (R)**  Get ready for SpongeBob, Gary and tons of underwater fun as four incredible bakers battle to have their amazing cake as the centrepiece of a party celebrating SpongeBob SquarePants. | **PG**  +CAKW03-002+ |

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| 23:30 | **Ridiculous Cakes: Seven-Foot Wedding Cake (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**  +RICA01-007+ |

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| 01:00 | **Queensland Weekender: 2018 Ep: 27 (R) ’CC’**  Sammie's outback adventure continues. | **G**  +7QWE18-027+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2018 Ep: 15 (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: Great Day Out, The Ep: 1 (R) ’CC’**  Jill meets the inspiring Li Cunxin, better known as Mao's Last Dancer. Laurel tries her hand at the new sport of axe throwing. Plus, Commonwealth Games diver Dom Bedggood shares his Great Day Out. | **G**  +GDOT18-001+ |

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| 02:30 | **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+ |

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike gets an overview of the Hawkesbury region from the Vale of Avoca Lookout. Mel explores the West MacDonnell Ranges. Rose eats out at two inner city restaurants serving Italian and Indian food. | **G**  +7SWE26-004+ |

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| 03:30 | **SA Weekender: 2018 Ep: 24 (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: 2018 Ep: 27 (R) ’CC’**  Sammie's outback adventure continues. | **G**  +7QWE18-027+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2018 Ep: 15 (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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| 05:00 | **The Great Day Out: Great Day Out, The Ep: 1 (R) ’CC’**  Jill meets the inspiring Li Cunxin, better known as Mao's Last Dancer. Laurel tries her hand at the new sport of axe throwing. Plus, Commonwealth Games diver Dom Bedggood shares his Great Day Out. | **G**  +GDOT18-001+ |

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| 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+ |

**Monday 07 October 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike gets an overview of the Hawkesbury region from the Vale of Avoca Lookout. Mel explores the West MacDonnell Ranges. Rose eats out at two inner city restaurants serving Italian and Indian food. | **G**  +7SWE26-004+ |

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| 06:30 | **Kid's Baking Championships (R)**  The six remaining kid bakers get creative as they invent lunch box desserts. | **G**  +KBAC02-005+ |

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| 07:30 | **Crazy Cakes: Magical And Mysterious Cakes (R)**  Two edible dragons battle it out across a running stream, a sci-fi wedding cake transports the bride and groom to another planet, and an office is fooled by an edible, life-sized desk. | **PG**  +CRAZ01-006+ |

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| 08:30 | **Cupcake Wars: Monster Cupcakes (R)**  It's monster truck madness as four bakers battle for a place at the VIP Pre-Race Pit Party for Monster Truck Jam. | **PG**  +CUPW04-011+ |

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| 09:30 | **Cake Wars: SpongeBob (R)**  Get ready for SpongeBob, Gary and tons of underwater fun as four incredible bakers battle to have their amazing cake as the centrepiece of a party celebrating SpongeBob SquarePants. | **PG**  +CAKW03-002+ |

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| 10:30 | **Better Homes And Gardens (R) ’CC’**  Homes and gardens come alive in this lifestyle show packed full of home decorating tips, recipes, craft ideas, DIY projects and how tos. | **G**  +BHAG25-036+ |

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| 12:00 | **Cupcake Wars: Monster Cupcakes (R)**  It's monster truck madness as four bakers battle for a place at the VIP Pre-Race Pit Party for Monster Truck Jam. | **PG**  +CUPW04-011+ |

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| 15:00 | **Ridiculous Cakes: Seven-Foot Wedding Cake (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**  +RICA01-007+ |

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

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| 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**  +HOWL03-033+ |

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| 17:00 | **Giada At Home: Hooray For Hollywood (R)**  It's a glamorous trip down memory lane and a taste of the beloved foods of Old Hollywood. | **PG**  +GIHO08-003+ |

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| 17:30 | **Cake Wars: The Simpsons (R)**  Bakers compete to see whose creation is worthy to appear at a bash, in honor of The Simpsons. | **PG**  +CAKW01-001+ |

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| 18:30 | **Chopped: Alton's Challenge, Pt. 4 (R)**  For the fourth battle of Alton's Challenge, Alton Brown demonstrates the mad science of champagne and the competitors embrace a fermentation theme. | **PG**  +CHPD34-004+ |

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| 19:30 | **Buddy vs. Duff: The Grand Finale NEW EPISODE**  For the finale, Buddy and Duff head to the Food Network Kitchen to create their most heartfelt and monumental creations yet - chocolate desserts to conceal engagement rings for two surprise proposals. | **PG**  +BUDD01-006+ |

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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. | **MA (L)**  +HEKI15-011+ |

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| 00:30 | **SA Weekender: 2018 Ep: 25 (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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| 01:00 | **Queensland Weekender: 2018 Ep: 28 (R) ’CC’**  Bridget is out on the reef, Sammie is cycling the Coral Coastline and Duane is surfing north QLD-style. | **G**  +7QWE18-028+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2018 Ep: 16 (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: Great Day Out, The Ep: 2 (R) ’CC’**  This week on the Great Day Out, Alastair is scouting out Brisbane's best brunch. Gold Medallist Shannon Parry shares her Great Day Out and Sofie gets active at Noosa. | **G**  +GDOT18-002+ |

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| 02:30 | **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**  +HIWA22-004+ |

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike heads to Port Stephens for adventure on the sand and sea, with Sand Dune Adventures and Moonshadow Cruises. Teigan learns to surf at Bondi. Erica checks out glamping and more in Forster. | **G**  +7SWE26-005+ |

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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**  +HIWA22-004+ |

**Tuesday 08 October 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike heads to Port Stephens for adventure on the sand and sea, with Sand Dune Adventures and Moonshadow Cruises. Teigan learns to surf at Bondi. Erica checks out glamping and more in Forster. | **G**  +7SWE26-005+ |

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| 06:30 | **Ten Dollar Dinners: Paradise By The Cooktop Light (R)**  Melissa d'Arabian dresses up a wallet-friendly classic without breaking her budget. Her tender Meatloaf gets an extra flavor boost from her Mustard and Sour Cream Gravy. | **G**  +TEDD06-006+ |

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| 07:00 | **The Pioneer Woman: Well Done, Dad (R)**  Ree Drummond's dad has retired after 45 years in medicine, so she's bringing him a celebration meal with all of his favourite foods. | **PG**  +PIWO13-011+ |

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| 07:30 | **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: 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 | **Giada At Home: Hooray For Hollywood (R)**  It's a glamorous trip down memory lane and a taste of the beloved foods of Old Hollywood. | **PG**  +GIHO08-003+ |

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| 15:30 | **Buddy vs. Duff: The Grand Finale (R)**  For the finale, Buddy and Duff head to the Food Network Kitchen to create their most heartfelt and monumental creations yet - chocolate desserts to conceal engagement rings for two surprise proposals. | **PG**  +BUDD01-006+ |

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

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| 17:00 | **Giada At Home: Late-Night Munchies (R)**  It's midnight, you're starving and you feel like some good old-fashioned comfort food. Giada De Laurentiis raids her fridge and whips up some of her favorite late-night munchies. | **PG**  +GIHO08-004+ |

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| 17:30 | **The Kitchen: Hit Re-Fresh (R)**  Welcome spring with fresh ingredients. Start with Geoffrey Zakarian's juicy Pork Chops with Spring Vegetables, Marcela Valladolid's Apple Peel Snacks and Jeff Mauro's Veggie Top Pesto. | **PG**  +TKIT13-003+ |

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| 18:30 | **Chopped: Alton's Challenge, Grand Finale (R)**  Expect the ultimate in brainy, zany baskets from Alton Brown, as four Challenge champions return to fight for $50,000. | **PG**  +CHPD34-005+ |

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| 19:30 | **Mystery Diners: Hawaiian Club Crashers (R)**  After hearing multiple complaints about non-members attending members-only dinner events, Madeleine, general manager of Hawaii Yacht Club in Honolulu, calls Charles Stiles for help. | **PG**  +MYSD08-011+ |

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| 20:00 | **Mystery Diners: Fyre On The Beach (R)**  After noticing discrepancies in sales, Allen, owner of ShoreFyre in Honolulu, contacts Charles Stiles to investigate. Mystery Diners Jordan and David go undercover. | **PG**  +MYSD08-012+ |

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| 20:30 | **Restaurant: Impossible: Barely Edible (R)**  Chef Robert makes his way to Edible's Restaurant & Pub in Horsham, Pa., to find a 26-year-old family restaurant suffering from a complete lack of inspiration and motivation. | **PG**  +RIMP06-011+ |

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| 21:30 | **Restaurant: Impossible: Good Food, Bad Vices (R)**  Dorothy and Thom, owners of Benner Street Restaurant in Bethlehem, Pa., should be close to retirement but they are so far in debt, they may never be able to stop working. | **PG**  +RIMP06-012+ |

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| 00:30 | **SA Weekender: 2018 Ep: 26 (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: 2018 Ep: 29 (R) ’CC’**  Bridget is on a journey through tropical north Queensland in celebration of Indigenous culture. | **G**  +7QWE18-029+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2018 Ep: 17 (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: Great Day Out, The Ep: 3 (R) ’CC’**  Sofie discovers some new activities on gorgeous Moreton Island. Alastair is high above Ipswich in search of the region's best produce. Commonwealth Games swimmer Emma McKeon shares her Great Day Out. | **G**  +GDOT18-003+ |

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| 02:30 | **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**  +HIWA22-005+ |

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike heads to the remarkable Riverina region, checking out the Narrandera Flora and Fauna Reserve. Lizzy gets a taste of farm life in Wagga Wagga. Matt visits Balranald. | **G**  +7SWE26-006+ |

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| 03:30 | **SA Weekender: 2018 Ep: 26 (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: 2018 Ep: 29 (R) ’CC’**  Bridget is on a journey through tropical north Queensland in celebration of Indigenous culture. | **G**  +7QWE18-029+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2018 Ep: 17 (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: Great Day Out, The Ep: 3 (R) ’CC’**  Sofie discovers some new activities on gorgeous Moreton Island. Alastair is high above Ipswich in search of the region's best produce. Commonwealth Games swimmer Emma McKeon shares her Great Day Out. | **G**  +GDOT18-003+ |

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| 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**  +HIWA22-005+ |

**Wednesday 09 October 2019**

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| 06:00 | **Restaurant: Impossible: Barely Edible (R)**  Chef Robert makes his way to Edible's Restaurant & Pub in Horsham, Pa., to find a 26-year-old family restaurant suffering from a complete lack of inspiration and motivation. | **PG**  +RIMP06-011+ |

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| 07:00 | **The Pioneer Woman: 16-Minute Meals: Summer (R)**  Ree Drummond is cooking up four sensational, summery 16-minute meals. | **PG**  +PIWO13-012+ |

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| 07:30 | **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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| 08:30 | **Restaurant: Impossible: Good Food, Bad Vices (R)**  Dorothy and Thom, owners of Benner Street Restaurant in Bethlehem, Pa., should be close to retirement but they are so far in debt, they may never be able to stop working. | **PG**  +RIMP06-012+ |

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| 09:30 | **Giada At Home: Late-Night Munchies (R)**  It's midnight, you're starving and you feel like some good old-fashioned comfort food. Giada De Laurentiis raids her fridge and whips up some of her favorite late-night munchies. | **PG**  +GIHO08-004+ |

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| 10:00 | **Ten Dollar Dinners: Greek-Onomical Dining**  Melissa d'Arabian makes Moussaka, a traditional Greek casserole featuring roasted eggplant, a cinnamon-spiced meat sauce, and creamy bechamel. | **G**  +TEDD06-007+ |

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

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| 11:00 | **Restaurant: Impossible: Barely Edible (R)**  Chef Robert makes his way to Edible's Restaurant & Pub in Horsham, Pa., to find a 26-year-old family restaurant suffering from a complete lack of inspiration and motivation. | **PG**  +RIMP06-011+ |

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| 12:00 | **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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| 13:00 | **Chopped: Alton's Challenge, Grand Finale (R)**  Expect the ultimate in brainy, zany baskets from Alton Brown, as four Challenge champions return to fight for $50,000. | **PG**  +CHPD34-005+ |

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| 14:00 | **Giada At Home: Late-Night Munchies (R)**  It's midnight, you're starving and you feel like some good old-fashioned comfort food. Giada De Laurentiis raids her fridge and whips up some of her favorite late-night munchies. | **PG**  +GIHO08-004+ |

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| 14:30 | **Restaurant: Impossible: Good Food, Bad Vices (R)**  Dorothy and Thom, owners of Benner Street Restaurant in Bethlehem, Pa., should be close to retirement but they are so far in debt, they may never be able to stop working. | **PG**  +RIMP06-012+ |

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| 15:30 | **Mystery Diners: Hawaiian Club Crashers (R)**  After hearing multiple complaints about non-members attending members-only dinner events, Madeleine, general manager of Hawaii Yacht Club in Honolulu, calls Charles Stiles for help. | **PG**  +MYSD08-011+ |

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| 16:00 | **Mystery Diners: Fyre On The Beach (R)**  After noticing discrepancies in sales, Allen, owner of ShoreFyre in Honolulu, contacts Charles Stiles to investigate. Mystery Diners Jordan and David go undercover. | **PG**  +MYSD08-012+ |

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| 16:30 | **The Pioneer Woman: Chicken, Chicken, Chicken (R)**  Ree Drummond is cooking up a storm with chicken, chicken and more chicken. She demonstrates the benefits of bulk buying with three fantastic dishes. | **PG**  +PIWO13-013+ |

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| 17:00 | **Giada At Home: Not Your Grandmother's Tea Party (R)**  A modern, laid back spin on what was once a stuffy tradition: Giada De Laurentiis hosts a tea party with a very modern spin. | **PG**  +GIHO08-005+ |

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| 17:30 | **The Kitchen: What's Hot Right Now (R)**  The Kitchen is celebrating spice with Jeff Mauro's Risotto Scampi Fra Diavlo and Sunny Anderson's Easy Sunset Park Noodle Bowl. Chef and restaurateur Michael Psilakis heats up the kitchen. | **PG**  +TKIT13-004+ |

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| 18:30 | **Chopped: Thanks, Mom! (R)**  Four famous Food Network cooks - Ted Allen, Jeff Mauro, Jet Tila and Chris Santos - compete with their mums. | **PG**  +CHPD34-006+ |

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| 19:30 | **Restaurant: Impossible: Goombazz Gone Wild (R)**  Sal and Brenda's one-year old restaurant, Goombazz Big City Eatzz, has struggled to find a strong customer base and is now more than $300,000 in debt. | **PG**  +RIMP07-009+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: Bonapartes Restaurant (R) ’CC’**  Gordon visits Bonaparte's Restaurant in West Yorkshire. While the head chef aspires to be on TV, Gordon discovers that he cannot cook an omelette, and winds up setting the cooker on fire. | **MA (L)**  +RAKN01-001+ |

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| 21:30 | **Mystery Diners: Skating On Thin Ice (R)**  After noticing missing food and merchandise, the owners of "Epic Rollertainment" in Murrieta, California, contact Charles Stiles for help. | **PG (L,A)**  +MYSD10-012+ |

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| 22:00 | **Mystery Diners: Drive-Thru Drama (R)**  A drop-in customer seems suspicious to the owner of "B'Man Teriyaki and Burgers" in Pasadena, California, prompting him to call in Charles Stiles and his team. | **PG (L,A)**  +MYSD10-013+ |

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| 22:30 | **Restaurant: Impossible: Goombazz Gone Wild (R)**  Sal and Brenda's one-year old restaurant, Goombazz Big City Eatzz, has struggled to find a strong customer base and is now more than $300,000 in debt. | **PG**  +RIMP07-009+ |

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| 23:30 | **Chopped: Snap Pea To It! (R)**  The chefs must make lamb appetizers that include a trendy toast, and one competitor gets a little overzealous trying to make his plates pretty. | **PG**  +CHPD34-008+ |

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| 00:30 | **SA Weekender: 2018 Ep: 27 (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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| 01:00 | **Queensland Weekender: Queensland Weekender 30 (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: Creek To Coast 2018 Ep: 18 (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: Great Day Out, The Ep: 4 (R) ’CC’**  Join Sofie for part two of her Tangalooma Adventure. Alastair has the difficult job of tasting Brisbane's best fish and chips. Plus discus and hammer thrower, Matthew Denny shares his Great Day Out. | **G**  +GDOT18-004+ |

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| 02:30 | **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**  +HIWA22-006+ |

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

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| 03:30 | **SA Weekender: 2018 Ep: 27 (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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| 04:00 | **Queensland Weekender: Queensland Weekender 30 (R) ’CC’**  Victoria is on a sandy four-wheel drive trail that mixes adventure with indulgence, Kip is checking out the Central West Music Makers and Duane is heading down stream in tropical north Queensland. | **G**  +7QWE18-030+ |

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| 04:30 | **Creek To Coast: Creek To Coast 2018 Ep: 18 (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: Great Day Out, The Ep: 4 (R) ’CC’**  Join Sofie for part two of her Tangalooma Adventure. Alastair has the difficult job of tasting Brisbane's best fish and chips. Plus discus and hammer thrower, Matthew Denny shares his Great Day Out. | **G**  +GDOT18-004+ |

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| 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**  +HIWA22-006+ |

**Thursday 10 October 2019**

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

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| 06:30 | **Ten Dollar Dinners: Saving Coin With Catfish**  Melissa d'Arabian prepares an elegant and affordable fish supper. Pecan Crusted Catfish gets a spoonful of extra flavor from Spicy Cream Sauce, made with a surprise secret ingredient. | **G**  +TEDD06-008+ |

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| 07:00 | **The Pioneer Woman: Chicken, Chicken, Chicken (R)**  Ree Drummond is cooking up a storm with chicken, chicken and more chicken. She demonstrates the benefits of bulk buying with three fantastic dishes. | **PG**  +PIWO13-013+ |

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| 07:30 | **The Kitchen: Our Best Fall Finds (R)**  The Kitchen is sharing a love for autumn with new and creative recipes like Sunny Anderson's secret ingredient Red Eye Beef Stew and Geoffrey Zakarian's Thai Fried Riced Cauliflower. | **PG**  +TKIT15-003+ |

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| 08:30 | **Mystery Diners: Skating On Thin Ice (R)**  After noticing missing food and merchandise, the owners of "Epic Rollertainment" in Murrieta, California, contact Charles Stiles for help. | **PG (L,A)**  +MYSD10-012+ |

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| 09:00 | **Mystery Diners: Drive-Thru Drama (R)**  A drop-in customer seems suspicious to the owner of "B'Man Teriyaki and Burgers" in Pasadena, California, prompting him to call in Charles Stiles and his team. | **PG (L,A)**  +MYSD10-013+ |

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| 09:30 | **Giada At Home: Not Your Grandmother's Tea Party (R)**  A modern, laid back spin on what was once a stuffy tradition: Giada De Laurentiis hosts a tea party with a very modern spin. | **PG**  +GIHO08-005+ |

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| 10:00 | **Ten Dollar Dinners: Saving Coin With Catfish (R)**  Melissa d'Arabian prepares an elegant and affordable fish supper. Pecan Crusted Catfish gets a spoonful of extra flavor from Spicy Cream Sauce, made with a surprise secret ingredient. | **G**  +TEDD06-008+ |

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| 10:30 | **The Pioneer Woman: Chicken, Chicken, Chicken (R)**  Ree Drummond is cooking up a storm with chicken, chicken and more chicken. She demonstrates the benefits of bulk buying with three fantastic dishes. | **PG**  +PIWO13-013+ |

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| 11:00 | **Rachael Ray's Week In A Day: Tricks, Treats And Sweets (R)**  A Halloween week menu sure to satisfy ghouls, ghosts and goblins of all ages. | **PG**  +WIAD05-005+ |

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| 12:00 | **The Kitchen: Our Best Fall Finds (R)**  The Kitchen is sharing a love for autumn with new and creative recipes like Sunny Anderson's secret ingredient Red Eye Beef Stew and Geoffrey Zakarian's Thai Fried Riced Cauliflower. | **PG**  +TKIT15-003+ |

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| 13:00 | **Chopped: Thanks, Mom! (R)**  Four famous Food Network cooks - Ted Allen, Jeff Mauro, Jet Tila and Chris Santos - compete with their mums. | **PG**  +CHPD34-006+ |

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| 14:00 | **Giada At Home: Not Your Grandmother's Tea Party (R)**  A modern, laid back spin on what was once a stuffy tradition: Giada De Laurentiis hosts a tea party with a very modern spin. | **PG**  +GIHO08-005+ |

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| 14:30 | **Restaurant: Impossible: Goombazz Gone Wild (R)**  Sal and Brenda's one-year old restaurant, Goombazz Big City Eatzz, has struggled to find a strong customer base and is now more than $300,000 in debt. | **PG**  +RIMP07-009+ |

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| 15:30 | **Mystery Diners: Skating On Thin Ice (R)**  After noticing missing food and merchandise, the owners of "Epic Rollertainment" in Murrieta, California, contact Charles Stiles for help. | **PG (L,A)**  +MYSD10-012+ |

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| 16:00 | **Mystery Diners: Drive-Thru Drama (R)**  A drop-in customer seems suspicious to the owner of "B'Man Teriyaki and Burgers" in Pasadena, California, prompting him to call in Charles Stiles and his team. | **PG (L,A)**  +MYSD10-013+ |

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| 16:30 | **The Pioneer Woman: Oh, Baby (R)**  There's a new baby on the ranch, so Ree Drummond is taking a trip down memory lane and preparing a new-mom care package full of dishes she was given and plenty of pampering goodies. | **PG**  +PIWO13-001+ |

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| 17:00 | **Giada At Home: Giada's Tasting Menu (R)**  Giada De Laurentiis creates a small plate tasting menu for some of her friends. | **PG**  +GIHO08-006+ |

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| 17:30 | **The Kitchen: Celebrate Good Times (R)**  The Kitchen is celebrating good times, and Katie Lee kicks off the party with Surf and Turf Skewers. Then the hosts share their summer food trend forecast, Food Network Star winner Tregaye Fraser. | **PG**  +TKIT13-005+ |

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| 18:30 | **Chopped: Grill Game (R)**  No ovens? No problem. The chefs give the grill pans a major workout in this special competition, where they must get grillin' from the get-go. | **PG**  +CHPD34-009+ |

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| 19:30 | **Ramsay's Kitchen Nightmares USA: Revisted (R) ’CC’**  Revisit some of their favorite restaurants including La Galleria 33 in Boston, the Olde Hitching Post, and Prohibition Gastropub. | **M (L)**  +KNUS07-010+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: La Gondola (R) ’CC’**  Gordon visits La Gondola, an Italian restaurant bogged down by dated cuisine, bad net curtains and no customers. | **M (L)**  +RAKN02-008+ |

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| 21:30 | **Ramsay's Kitchen Nightmares: The Sandgate (R) ’CC’**  Tonight, Gordon travels to The Sandgate Hotel, run by first-time restauranteurs. The head chef is on the brink of a nervous breakdown, cooking for four restaurants in different styles. | **M (L)**  +RAKN02-007+ |

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| 22:30 | **Ramsay's Hotel Hell: Juniper Hill - Part 1 (R) ’CC’**  Gordon Ramsay checks in to some of America's worst hotels. Starring:GORDON RAMSAY | **M (L)**  +HELL01-004+ |

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| 23:30 | **Chopped: Grill Game (R)**  No ovens? No problem. The chefs give the grill pans a major workout in this special competition, where they must get grillin' from the get-go. | **PG**  +CHPD34-009+ |

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| 00:30 | **SA Weekender: 2018 Ep: 28 (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-028+ |

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| 01:00 | **Queensland Weekender: Queensland Weekender 31 (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: Creek To Coast 2018 Ep: 19 (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: Great Day Out, The Ep: 5 (R) ’CC’**  We have your guide to the Gold Coast 2018 Commonwealth Games from the behind-the-scenes preparations to free events and much more. | **G**  +GDOT18-005+ |

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| 02:30 | **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**  +HIWA22-007+ |

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

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| 03:30 | **SA Weekender: 2018 Ep: 28 (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G**  +SAWE18-028+ |

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| 04:00 | **Queensland Weekender: Queensland Weekender 31 (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: Creek To Coast 2018 Ep: 19 (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: Great Day Out, The Ep: 5 (R) ’CC’**  We have your guide to the Gold Coast 2018 Commonwealth Games from the behind-the-scenes preparations to free events and much more. | **G**  +GDOT18-005+ |

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| 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**  +HIWA22-007+ |

**Friday 11 October 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike visits the Dolphin Marine Conservation Park at Coffs Harbour. Luke visits the largest llama stud in NSW. Candice shows how to save big bucks on a day out at some Sydney favourites. | **G**  +7SWE26-008+ |

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| 06:30 | **Ten Dollar Dinners: Big Buffalo, Ten Bills**  Buffalo chicken drumsticks, smoky baked beans and s'more sundaes are served. | **G**  +TEDD06-009+ |

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| 07:00 | **The Pioneer Woman: Oh, Baby (R)**  There's a new baby on the ranch, so Ree Drummond is taking a trip down memory lane and preparing a new-mom care package full of dishes she was given and plenty of pampering goodies. | **PG**  +PIWO13-001+ |

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| 07:30 | **The Kitchen: Just Desserts (R)**  The Kitchen is satisfying every sweet tooth with a show full of holiday desserts, starting with Geoffrey Zakarian's Quick Caramelized Apple Tart. | **PG**  +TKIT15-004+ |

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| 08:30 | **Rachael Ray's Week In A Day: Amazing Grains (R)**  Rachael showcases five great grains that can give you a head start on an entire week of nutritious and delicious eating. | **PG**  +WIAD05-003+ |

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| 09:30 | **Giada At Home: Giada's Tasting Menu (R)**  Giada De Laurentiis creates a small plate tasting menu for some of her friends. | **PG**  +GIHO08-006+ |

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| 10:00 | **Ten Dollar Dinners: Big Buffalo, Ten Bills (R)**  Buffalo chicken drumsticks, smoky baked beans and s'more sundaes are served. | **G**  +TEDD06-009+ |

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| 10:30 | **The Pioneer Woman: Oh, Baby (R)**  There's a new baby on the ranch, so Ree Drummond is taking a trip down memory lane and preparing a new-mom care package full of dishes she was given and plenty of pampering goodies. | **PG**  +PIWO13-001+ |

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| 11:00 | **Rachael Ray's Week In A Day: Amazing Grains (R)**  Rachael showcases five great grains that can give you a head start on an entire week of nutritious and delicious eating. | **PG**  +WIAD05-003+ |

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| 12:00 | **The Kitchen: Just Desserts (R)**  The Kitchen is satisfying every sweet tooth with a show full of holiday desserts, starting with Geoffrey Zakarian's Quick Caramelized Apple Tart. | **PG**  +TKIT15-004+ |

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| 13:00 | **Chopped: Grill Game (R)**  No ovens? No problem. The chefs give the grill pans a major workout in this special competition, where they must get grillin' from the get-go. | **PG**  +CHPD34-009+ |

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| 14:00 | **Giada At Home: Giada's Tasting Menu (R)**  Giada De Laurentiis creates a small plate tasting menu for some of her friends. | **PG**  +GIHO08-006+ |

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| 14:30 | **Rachael Ray's Week In A Day: Amazing Grains (R)**  Rachael showcases five great grains that can give you a head start on an entire week of nutritious and delicious eating. | **PG**  +WIAD05-003+ |

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

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| 16:00 | **The Pioneer Woman: A Tale Of Four Lunches (R)**  Ree Drummond's whipping up four legendary lunches, from crowd pleasers to solo pleasures. | **PG**  +PIWO13-002+ |

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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**  +HOWL03-033+ |

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| 17:30 | **The Kitchen: Toast To Mom (R)**  Celebrating Mother's Day, starting with Geoffrey Zakarian's Chamomile French Toast and Katie Lee's Mini Broccoli Quiches. Then Bloom School is in session with three new floral arrangements for mom. | **PG**  +TKIT13-006+ |

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| 18:30 | **Chopped: Flour Power (R)**  Four bold female bakers attempt to rise to the challenge and clinch a $10,000 victory. | **PG**  +CHPD34-007+ |

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| 19:30 | **Restaurant: Impossible: The Writing On THe Wall (R)**  Daniel is the owner and operator of a successful sawmill, and thought he would be able to run Big Jim's Bama Q in Hammondville. But his naivety has instead left him seeking Chef Robert. | **PG**  +RIMP08-010+ |

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| 20:30 | **Mystery Diners: Street Vendor Violation (R)**  After noticing lacklustre dinner sales and a dip in bottle service, Freddy and Abdi of Supperclub in Los Angeles contact Charles Stiles for help. | **PG (L,A)**  +MYSD11-001+ |

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| 21:00 | **Mystery Diners: From Russia Without Love (R)**  Before investing his life savings in a new Russian restaurant, an aspiring restaurateur asks Charles Stiles to investigate the Russian chef he plans to go into business with. | **PG (L,A)**  +MYSD11-002+ |

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| 21:30 | **Mystery Diners: Steals On Wheels (R)**  After receiving several customer complaints about her meal delivery service, Cynthia contacts Charles Stiles for help. He sends in Mystery Diners Patrick and Hal, who uncover a bigger problem. | **PG (L,A)**  +MYSD11-003+ |

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| 22:00 | **Mystery Diners: Secondhand Scam (R)**  Luca, owner of Riemma Kitchen Warehouse, asks Charles Stiles for help after his customers find food inside the factory-sealed appliances they just purchased. Mystery Diner Jamie goes undercover. | **PG (L,A)**  +MYSD11-004+ |

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| 22:30 | **Restaurant: Impossible: The Writing On THe Wall (R)**  Daniel is the owner and operator of a successful sawmill, and thought he would be able to run Big Jim's Bama Q in Hammondville. But his naivety has instead left him seeking Chef Robert. | **PG**  +RIMP08-010+ |

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| 23:30 | **Mystery Diners: Street Vendor Violation (R)**  After noticing lacklustre dinner sales and a dip in bottle service, Freddy and Abdi of Supperclub in Los Angeles contact Charles Stiles for help. | **PG (L,A)**  +MYSD11-001+ |

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| 00:00 | **Mystery Diners: From Russia Without Love (R)**  Before investing his life savings in a new Russian restaurant, an aspiring restaurateur asks Charles Stiles to investigate the Russian chef he plans to go into business with. | **PG (L,A)**  +MYSD11-002+ |

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| 00:30 | **The Great Food Truck Race: Family Face-Off: An Egg-Cellent Adventure (R)**  The four remaining family food truck teams head inland to the Santa Barbara Wine County, where they must face a challenge involving ostriches. | **PG**  +GFTR07-003+ |

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| 01:30 | **Creek To Coast: Creek To Coast 2018 Ep: 20 (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: Great Day Out, The Ep: 6 (R) ’CC’**  The whole team is exploring the best of Brisbane and we get the details on what's planned for the future from the man in the know, Lord Mayor Graham Quirk. | **G**  +GDOT18-006+ |

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| 02:30 | **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**  +HIWA22-008+ |

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

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| 03:30 | **SA Weekender: 2018 Ep: 29 (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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| 04:00 | **Queensland Weekender: Queensland Weekender 32 (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: Creek To Coast 2018 Ep: 20 (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: Great Day Out, The Ep: 6 (R) ’CC’**  The whole team is exploring the best of Brisbane and we get the details on what's planned for the future from the man in the know, Lord Mayor Graham Quirk. | **G**  +GDOT18-006+ |

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| 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**  +HIWA22-008+ |

**Saturday 12 October 2019**

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| 06:00 | **Sydney Weekender (R) ’CC’**  Mike finds a piece of paradise on Norfolk Island. Lizzy is eating her dessert first at Junee Liquorice & Chocolate Factory. Matt's heading west to soak up some adrenalin. | **G**  +7SWE26-009+ |

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| 06:30 | **Better Homes And Gardens (R) ’CC’**  Homes and gardens come alive in this lifestyle show packed full of home decorating tips, recipes, craft ideas, DIY projects and how tos. | **G**  +BHAG25-036+ |

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| 08:00 | **Giada At Home: East Meets Italy (R)**  In L.A., there are numerous Italian/Asian fusion restaurants with dishes that reflect the dynamic flavours of the east and the west. | **PG**  +GIHO08-007+ |

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| 08:30 | **The Pioneer Woman: A Tale Of Four Lunches (R)**  Ree Drummond's whipping up four legendary lunches, from crowd pleasers to solo pleasures. | **PG**  +PIWO13-002+ |

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| 09:00 | **The Kitchen: Toast To Mom (R)**  Celebrating Mother's Day, starting with Geoffrey Zakarian's Chamomile French Toast and Katie Lee's Mini Broccoli Quiches. Then Bloom School is in session with three new floral arrangements for mom. | **PG**  +TKIT13-006+ |

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| 10:00 | **Mystery Diners: Steals On Wheels (R)**  After receiving several customer complaints about her meal delivery service, Cynthia contacts Charles Stiles for help. He sends in Mystery Diners Patrick and Hal, who uncover a bigger problem. | **PG (L,A)**  +MYSD11-003+ |

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| 10:30 | **Mystery Diners: Secondhand Scam (R)**  Luca, owner of Riemma Kitchen Warehouse, asks Charles Stiles for help after his customers find food inside the factory-sealed appliances they just purchased. Mystery Diner Jamie goes undercover. | **PG (L,A)**  +MYSD11-004+ |

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| 11:00 | **The Great Food Truck Race: Family Face-Off: An Egg-Cellent Adventure (R)**  The four remaining family food truck teams head inland to the Santa Barbara Wine County, where they must face a challenge involving ostriches. | **PG**  +GFTR07-003+ |

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| 12:00 | **Chopped: Flour Power (R)**  Four bold female bakers attempt to rise to the challenge and clinch a $10,000 victory. | **PG**  +CHPD34-007+ |

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

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| 13:30 | **The Pioneer Woman: A Tale Of Four Lunches (R)**  Ree Drummond's whipping up four legendary lunches, from crowd pleasers to solo pleasures. | **PG**  +PIWO13-002+ |

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| 14:00 | **The Kitchen: Toast To Mom (R)**  Celebrating Mother's Day, starting with Geoffrey Zakarian's Chamomile French Toast and Katie Lee's Mini Broccoli Quiches. Then Bloom School is in session with three new floral arrangements for mom. | **PG**  +TKIT13-006+ |

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| 15:00 | **Chopped: Flour Power (R)**  Four bold female bakers attempt to rise to the challenge and clinch a $10,000 victory. | **PG**  +CHPD34-007+ |

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| 16:00 | **The Great Food Truck Race: Family Face-Off: An Egg-Cellent Adventure (R)**  The four remaining family food truck teams head inland to the Santa Barbara Wine County, where they must face a challenge involving ostriches. | **PG**  +GFTR07-003+ |

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| 17:00 | **Mystery Diners: Street Vendor Violation (R)**  After noticing lacklustre dinner sales and a dip in bottle service, Freddy and Abdi of Supperclub in Los Angeles contact Charles Stiles for help. | **PG (L,A)**  +MYSD11-001+ |

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| 17:30 | **Mystery Diners: From Russia Without Love (R)**  Before investing his life savings in a new Russian restaurant, an aspiring restaurateur asks Charles Stiles to investigate the Russian chef he plans to go into business with. | **PG (L,A)**  +MYSD11-002+ |

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| 18:00 | **Mystery Diners: Steals On Wheels (R)**  After receiving several customer complaints about her meal delivery service, Cynthia contacts Charles Stiles for help. He sends in Mystery Diners Patrick and Hal, who uncover a bigger problem. | **PG (L,A)**  +MYSD11-003+ |

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| 18:30 | **Mystery Diners: Secondhand Scam (R)**  Luca, owner of Riemma Kitchen Warehouse, asks Charles Stiles for help after his customers find food inside the factory-sealed appliances they just purchased. Mystery Diner Jamie goes undercover. | **PG (L,A)**  +MYSD11-004+ |

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| 19:00 | **My France With Manu: Brittany (R) ’CC’**  Manu Feildel takes us home to the French province of Brittany and shares his story. He visits his mother in Guidel, relives his first apprenticeship and cooks with his Uncle at his charcuterie. | **PG**  +MANU-001+ |

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| 20:00 | **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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| 21:00 | **Ramsay's Kitchen Nightmares: La Parra (R) ’CC’**  Gordon travels to Spain in his attempt to save La Parra Restaurant, run by a twenty-six-year-old former nightclub manager. | **MA (L)**  +RAKN03-001+ |

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| 22:00 | **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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| 23:00 | **My France With Manu: Brittany (R) ’CC’**  Manu Feildel takes us home to the French province of Brittany and shares his story. He visits his mother in Guidel, relives his first apprenticeship and cooks with his Uncle at his charcuterie. | **PG**  +MANU-001+ |

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| 00:00 | **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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| 01:00 | **Queensland Weekender: Queensland Weekender 33 (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: Creek To Coast 2018 Ep: 21 (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: Great Day Out, The Ep: 7 (R) ’CC’**  The Great Day Out team is enjoying a little indulgence in beautiful Broadbeach this week, from family, to fun, and fine fare. | **G**  +GDOT18-007+ |

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| 02:30 | **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**  +HIWA22-009+ |

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| 03:00 | **Sydney Weekender (R) ’CC’**  Mike spends a weekend in Shoalhaven and checks out the zoo. Mel hecks out what's in store for Vivid. Cricket superstar Lisa Sthalekar and Scott Hiller wrangle some Sydney Kingfish. | **G**  +7SWE26-010+ |

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| 03:30 | **SA Weekender: 2018 Ep: 30 (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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| 04:00 | **Queensland Weekender: Queensland Weekender 33 (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: Creek To Coast 2018 Ep: 21 (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: Great Day Out, The Ep: 7 (R) ’CC’**  The Great Day Out team is enjoying a little indulgence in beautiful Broadbeach this week, from family, to fun, and fine fare. | **G**  +GDOT18-007+ |

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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**  +HIWA22-009+ |