

Date	Time	Name Of Program		
01/01/2012	00:00	Bizarre foods with Andrew Zimmern		
01/01/2012	01:00	Forbes Luxe 11		
01/01/2012	02:00	Chew		
01/01/2012	03:00	December Live		
01/01/2012	04:00	Get Out		
01/01/2012	04:30	Beach Watch		
01/01/2012	05:00	Forbes Luxe		
01/01/2012	06:00	1000 Places to see before you die		
01/01/2012	07:00	Best of TLC		
01/01/2012	08:00	Chew		
01/01/2012	08:30	Chew		
01/01/2012	09:00	Just Travel		
01/01/2012	09:30	Girl Meets Hawai		
01/01/2012	10:00	December Live		
01/01/2012	11:00	Lonely Planet: Best in Asia		
01/01/2012	11:30	Happily Ever Laughter		
01/01/2012	12:00	Love/Lust		
01/01/2012	13:00	Chew		
01/01/2012	13:30	Chew		
01/01/2012	14:00	Uberguide		
01/01/2012	15:00	Best of TLC		
01/01/2012	16:00	Cocktail Kings		
01/01/2012	16:30	Chuck's Day Off		
01/01/2012	17:00	Ultimate Cake Off		
01/01/2012	18:00	Family Food Guide		
01/01/2012	19:00	Chew		
01/01/2012	20:00	Money On the Menu		
01/01/2012	20:30	World Party		
01/01/2012	21:00	Just Travel		
01/01/2012	22:00	Donna Hay Fresh, Fast and Simple		
01/01/2012	22:30	Indian Food made easy		
01/01/2012	23:00	Get Out		
01/01/2012	23:30	Beach Watch		
01/02/2012	00:00	Wild weddings		
01/02/2012	01:00	Money On the Menu		
01/02/2012	01:30	World Party		
01/02/2012	02:00	Chew		
01/02/2012	03:00	Donna Hay Fresh, Fast and Simple		
01/02/2012	03:30	Indian Food made easy		
01/02/2012	04:00	Get Out		
01/02/2012	04:30	Beach Watch		
01/02/2012	05:00	Love/Lust		
01/02/2012	06:00	Xtreme tourist		
01/02/2012	06:30	Girl meets Hawaii		
01/02/2012	07:00	Best of TLC		

01/02/2012	08:00	Chew		
01/02/2012	08:30	Chew		
01/02/2012	09:00	Just Travel		
01/02/2012	10:00	Donna Hay Fresh, Fast and Simple		
01/02/2012	10:30	Indian Food made easy		
01/02/2012	11:00	Best Food Ever		
01/02/2012	12:00	Cruises we love		
01/02/2012	12:30	Money On the Menu		
01/02/2012	13:00	Chew		
01/02/2012	14:00	After 12		
01/02/2012	14:30	Happily Ever Laughter		
01/02/2012	15:00	Best of TLC		
01/02/2012	16:00	Donna Hay Fresh, Fast and Simple		
01/02/2012	16:30	Feast Bazaar		
01/02/2012	17:00	Bizarre World with Andrew Zimmern		
01/02/2012	18:00	Ultimate Cake off		
01/02/2012	19:00	Chew		
01/02/2012	19:30	Chew		
01/02/2012	20:00	Love/Lust		
01/02/2012	21:00	Travel Anthology		
01/02/2012	22:00	Donna Hay Fresh, Fast and Simple		
01/02/2012	22:30	Rude boy food		
01/02/2012	23:00	Get Out		
01/02/2012	23:30	Beach Watch		
01/03/2012	00:00	1000 Places to see before you die		
01/03/2012	01:00	Love/Lust		
01/03/2012	02:00	Chew		
01/03/2012	02:30	Chew		
01/03/2012	03:00	Donna Hay Fresh, Fast and Simple		
01/03/2012	03:30	Rude boy food		
01/03/2012	04:00	Get Out		
01/03/2012	04:30	Beach Watch		
01/03/2012	05:00	Love Lust		
01/03/2012	06:00	Travel Anthology		
01/03/2012	07:00	Best of TLC		
01/03/2012	08:00	Chew		
01/03/2012	08:30	Nigella's Christmas Kitchen		
01/03/2012	09:00	Just Travel		
01/03/2012	10:00	Donna Hay Fresh, Fast and Simple		
01/03/2012	10:30	Rude boy food		
01/03/2012	11:00	Money on the Menu		
01/03/2012	11:30	World Party		
01/03/2012	12:00	Hairy Bikers ride again		
01/03/2012	13:00	Chew		
01/03/2012	14:00	Rags to Red Carpet		
01/03/2012	14:30	Rude boy food		

01/03/2012	15:00	Best of TLC		
01/03/2012	16:00	Donna Hay Fresh, Fast and Simple		
01/03/2012	16:30	Choccywoccydoodah		
01/03/2012	17:00	Love/Lust		
01/03/2012	18:00	Making the Cut		
01/03/2012	19:00	Chew		
01/03/2012	19:30	Chew		
01/03/2012	20:00	Uberguide		
01/03/2012	21:00	Piers Morgan on		
01/03/2012	22:00	Donna Hay Fresh, Fast and Simple		
01/03/2012	22:30	Best of Man v Food		
01/03/2012	23:00	Get Out		
01/03/2012	23:30	Beach Watch		
01/04/2012	00:00	Disney Parks		
01/04/2012	01:00	Uberguide		
01/04/2012	02:00	Chew		
01/04/2012	02:30	Chew		
01/04/2012	03:00	Donna Hay Fresh, Fast and Simple		
01/04/2012	03:30	Best of Man v Food		
01/04/2012	04:00	Get Out		
01/04/2012	04:30	Beach Watch		
01/04/2012	05:00	Choccywoccydoodah		
01/04/2012	05:30	Xtreme Sommer		
01/04/2012	06:00	Piers Morgan on		
01/04/2012	07:00	Best of TLC		
01/04/2012	08:00	Chew		
01/04/2012	08:30	Nigella's Christmas Kitchen		
01/04/2012	09:00	Bizzare Foods with Andrew Zimmern		
01/04/2012	10:00	Donna Hay Fresh, Fast and Simple		
01/04/2012	10:30	Best of Man v Food		
01/04/2012	11:00	Happily Ever Laughter		
01/04/2012	11:30	After 12		
01/04/2012	12:00	Glutton For punishment		
01/04/2012	12:30	5 Star Insider		
01/04/2012	13:00	Chew		
01/04/2012	14:00	Ny Ink		
01/04/2012	15:00	Best of TLC		
01/04/2012	16:00	Donna Hay Fresh, Fast and Simple		
01/04/2012	16:30	Best of Man v Food		
01/04/2012	17:00	Forbes Luxe 11		
01/04/2012	18:00	Wild weddings		
01/04/2012	19:00	Chew		
01/04/2012	19:30	Chew		
01/04/2012	20:00	Choccywoccydoodah		
01/04/2012	20:30	Xtreme Sommer		
01/04/2012	21:00	Bizarre foods with Andrew Zimmern		

01/04/2012	22:00	Donna Hay Fresh, Fast and Simple		
01/04/2012	22:30	Lawrence of America		
01/04/2012	23:00	Get Out		
01/04/2012	23:30	Beach Watch		
01/05/2012	00:00	December Live		
01/05/2012	00:30	World Party		
01/05/2012	01:00	Choccywoccydoodah		
01/05/2012	01:30	Xtreme Sommer		
01/05/2012	02:00	Chew		
01/05/2012	02:30	Chew		
01/05/2012	03:00	Donna Hay Fresh, Fast and Simple		
01/05/2012	03:30	December Live		
01/05/2012	04:00	Get Out		
01/05/2012	04:30	Beach Watch		
01/05/2012	05:00	Happily ever laughter		
01/05/2012	05:30	Everyday Exotic		
01/05/2012	06:00	Bizarre foods with Andrew Zimmern		
01/05/2012	07:00	Best of TLC		
01/05/2012	08:00	Chew		
01/05/2012	08:30	Nigella's Christmas Kitchen		
01/05/2012	09:00	Feats Bazaar		
01/05/2012	09:30	Rough Guide		
01/05/2012	10:00	Donna Hay Fresh, Fast and Simple		
01/05/2012	10:30	Glutton For Punishment		
01/05/2012	11:00	Fitness Fusion		
01/05/2012	11:30	Dream Hotels		
01/05/2012	12:00	Miami Ink		
01/05/2012	13:00	Chew		
01/05/2012	14:00	Hell's Kitchen		
01/05/2012	15:00	Best of TLC		
01/05/2012	16:00	Donna Hay Fresh, Fast and Simple		
01/05/2012	16:30	Lawrence of America		
01/05/2012	17:00	Best food ever		
01/05/2012	18:00	Project Runway		
01/05/2012	19:00	Chew		
01/05/2012	19:30	Chew		
01/05/2012	20:00	Happily ever laughter		
01/05/2012	20:30	Everyday Exotic		
01/05/2012	21:00	Feast Bazaar		
01/05/2012	21:30	Natural Born Traveller		
01/05/2012	22:00	Donna Hay Fresh, Fast and Simple		
01/05/2012	22:30	Madhur Jaffrey's Flavours of India		
01/05/2012	23:00	Get Out		
01/05/2012	23:30	Beach Watch		
01/06/2012	00:00	Choccywoccydoodah		
01/06/2012	00:30	Xtreme Sommer		

01/06/2012	01:00	Happily ever laughter		
01/06/2012	01:30	Everyday Exotic		
01/06/2012	02:00	Chew		
01/06/2012	02:30	Chew		
01/06/2012	03:00	Donna Hay Fresh, Fast and Simple		
01/06/2012	03:30	Madhur Jaffrey's Flavours of India		
01/06/2012	04:00	Get Out		
01/06/2012	04:30	Beach Watch		
01/06/2012	05:00	Rags To Red Carpet		
01/06/2012	05:30	Glutton For punishment		
01/06/2012	06:00	Feast Bazaar		
01/06/2012	06:30	Natural Born Traveller		
01/06/2012	07:00	Best of TLC		
01/06/2012	08:00	Chew		
01/06/2012	08:30	Nigella's Christmas Kitchen		
01/06/2012	09:00	Samantha Brown's Asia		
01/06/2012	10:00	Donna Hay Fresh, Fast and Simple		
01/06/2012	10:30	Madhur Jaffrey's Flavours of India		
01/06/2012	11:00	Confidential Series		
01/06/2012	12:00	Wild weddings		
01/06/2012	13:00	Chew		
01/06/2012	14:00	Love/lust		
01/06/2012	15:00	Best of TLC		
01/06/2012	16:00	Donna Hay Fresh, Fast and Simple		
01/06/2012	16:30	5 Star Insider		
01/06/2012	17:00	Fabulous Cakes		
01/06/2012	18:00	NY Ink		
01/06/2012	19:00	Chew		
01/06/2012	19:30	Chew		
01/06/2012	20:00	Rags To Red Carpet		
01/06/2012	20:30	Glutton For punishment		
01/06/2012	21:00	World Cafe Middle East		
01/06/2012	22:00	Donna Hay Fresh, Fast and Simple		
01/06/2012	22:30	Cocktail Kings		
01/06/2012	23:00	Get Out		
01/06/2012	23:30	Beach Watch		
01/07/2012	00:00	World Cafe Middle East		
01/07/2012	01:00	Rags To Red Carpet		
01/07/2012	01:30	Glutton For punishment		
01/07/2012	02:00	Chew		
01/07/2012	02:30	Chew		
01/07/2012	03:00	Donna Hay Fresh, Fast and Simple		
01/07/2012	03:30	Cocktail Kings		
01/07/2012	04:00	Get Out		
01/07/2012	04:30	Beach Watch		
01/07/2012	05:00	Forbes Luxe 11		

01/07/2012	06:00	World Cafe Middle East		
01/07/2012	07:00	Best of TLC		
01/07/2012	08:00	Chew		
01/07/2012	08:30	Nigella's Christmas Kitchen		
01/07/2012	09:00	Anthony Bourdain's no reservation		
01/07/2012	10:00	Donna Hay Fresh, Fast and Simple		
01/07/2012	10:30	Chuck's Day Off		
01/07/2012	11:00	Ny Ink		
01/07/2012	12:00	Choccywoccydoodah		
01/07/2012	12:30	Xtreme Sommer		
01/07/2012	13:00	Chew		
01/07/2012	14:00	Wild Weddings		
01/07/2012	15:00	Best of TLC		
01/07/2012	16:00	Donna Hay Fresh, Fast and Simple		
01/07/2012	16:30	Cheese slices		
01/07/2012	17:00	Happily ever laughter		
01/07/2012	17:30	Floyd's India		
01/07/2012	18:00	Hell's Kitchen		
01/07/2012	19:00	Chew		
01/07/2012	19:30	Chew		
01/07/2012	20:00	Forbes Luxe 11		
01/07/2012	21:00	1000 Places to see before you die		
01/07/2012	22:00	Donna Hay Fresh, Fast and Simple		
01/07/2012	22:30	Chuck's day off		
01/07/2012	23:00	Get Out		
01/07/2012	23:30	Beach Watch		
01/08/2012	00:00	Bizarre foods with Andrew Zimmern		
01/08/2012	01:00	Forbes Luxe 11		
01/08/2012	02:00	Chew		
01/08/2012	02:30	Chew		
01/08/2012	03:00	Donna Hay Fresh, Fast and Simple		
01/08/2012	03:30	Lawrence of America		
01/08/2012	04:00	Get Out		
01/08/2012	04:30	Beach Watch		
01/08/2012	05:00	Money On the Menu		
01/08/2012	05:30	World Party		
01/08/2012	06:00	1000 Places to see before you die		
01/08/2012	07:00	Best of TLC		
01/08/2012	08:00	Chew		
01/08/2012	08:30	Nigella's Christmas Kitchen		
01/08/2012	09:00	Xtreme Tourist		
01/08/2012	09:30	Girl meets Hawaii		
01/08/2012	10:00	Donna Hay Fresh, Fast and Simple		
01/08/2012	10:30	December live		
01/08/2012	11:00	Lonely Planet: Best in Asia		
01/08/2012	11:30	Happily Ever Laughter		

01/08/2012	12:00	Love/Lust		
01/08/2012	13:00	Chew		
01/08/2012	14:00	Uberguide		
01/08/2012	15:00	Best of TLC		
01/08/2012	16:00	Donna Hay Fresh, Fast and Simple		
01/08/2012	16:30	Chuck's Day Off		
01/08/2012	17:00	Super Swank		
01/08/2012	18:00	Family Food Guide		
01/08/2012	19:00	Chew		
01/08/2012	19:30	Chew		
01/08/2012	20:00	Money On the Menu		
01/08/2012	20:30	World Party		
01/08/2012	21:00	Xtreme tourist		
01/08/2012	21:30	Girl meets Hawaii		
01/08/2012	22:00	Donna Hay Fresh, Fast and Simple		
01/08/2012	22:30	Indian Food made easy		
01/08/2012	23:00	Get Out		
01/08/2012	23:30	Beach Watch		
01/09/2012	00:00	Wild weddings		
01/09/2012	01:00	Money On the Menu		
01/09/2012	01:30	World Party		
01/09/2012	02:00	Chew		
01/09/2012	02:30	Chew		
01/09/2012	03:00	Donna Hay Fresh, Fast and Simple		
01/09/2012	03:30	Indian Food made easy		
01/09/2012	04:00	Get Out		
01/09/2012	04:30	Beach Watch		
01/09/2012	05:00	Love/Lust		
01/09/2012	06:00	Xtreme tourist		
01/09/2012	06:30	Girl meets Hawaii		
01/09/2012	07:00	Best of TLC		
01/09/2012	08:00	Chew		
01/09/2012	09:00	Just Travel		
01/09/2012	10:00	Donna Hay Fresh, Fast and Simple		
01/09/2012	10:30	Indian Food made easy		
01/09/2012	11:00	Best food ever		
01/09/2012	12:00	Cruises we love		
01/09/2012	12:30	Money On the Menu		
01/09/2012	13:00	Chew		
01/09/2012	13:30	Chew		
01/09/2012	14:00	After 12		
01/09/2012	14:30	Happily Ever Laughter		
01/09/2012	15:00	Best of TLC		
01/09/2012	16:00	Donna Hay Fresh, Fast and Simple		
01/09/2012	16:30	Feast Bazaar		
01/09/2012	17:00	Bizarre World with Andrew Zimmern		

01/09/2012	18:00	Ultimate Cake off		
01/09/2012	19:00	Chew		
01/09/2012	20:00	Love/Lust		
01/09/2012	21:00	Travel Anthology		
01/09/2012	22:00	Donna Hay Fresh, Fast and Simple		
01/09/2012	22:30	Rude boy food		
01/09/2012	23:00	Get Out		
01/09/2012	23:30	Beach Watch		
01/10/2012	00:00	1000 Places to see before you die		
01/10/2012	01:00	Love/Lust		
01/10/2012	02:00	Chew		
01/10/2012	03:00	Donna Hay Fresh, Fast and Simple		
01/10/2012	03:30	Rude boy food		
01/10/2012	04:00	Get Out		
01/10/2012	04:30	Beach Watch		
01/10/2012	05:00	Uberguide		
01/10/2012	06:00	Travel Anthology		
01/10/2012	07:00	Best of TLC		
01/10/2012	08:00	Chew		
01/10/2012	09:00	Piers Morgan on		
01/10/2012	10:00	Donna Hay Fresh, Fast and Simple		
01/10/2012	10:30	Rude boy food		
01/10/2012	11:00	Money On the Menu		
01/10/2012	11:30	World Party		
01/10/2012	12:00	Hairy Bikers ride again		
01/10/2012	13:00	Chew		
01/10/2012	13:30	Chew		
01/10/2012	14:00	Rags to Red Carpet		
01/10/2012	14:30	Rude boy food		
01/10/2012	15:00	Best of TLC		
01/10/2012	16:00	Donna Hay Fresh, Fast and Simple		
01/10/2012	16:30	Choccywoccydoodah		
01/10/2012	17:00	Love/Lust		
01/10/2012	18:00	Making the Cut		
01/10/2012	19:00	Chew		
01/10/2012	20:00	Uberguide		
01/10/2012	21:00	Piers Morgan on		
01/10/2012	22:00	Donna Hay Fresh, Fast and Simple		
01/10/2012	22:30	Best of Man v Food		
01/10/2012	23:00	Get Out		
01/10/2012	23:30	Beach Watch		
01/11/2012	00:00	Disney Parks		
01/11/2012	01:00	Uberguide		
01/11/2012	02:00	Chew		
01/11/2012	03:00	Donna Hay Fresh, Fast and Simple		
01/11/2012	03:30	Best of Man v Food		

01/11/2012	04:00	Get Out		
01/11/2012	04:30	Beach Watch		
01/11/2012	05:00	Choccywoccydoodah		
01/11/2012	05:30	Xtreme Sommer		
01/11/2012	06:00	Piers Morgan on		
01/11/2012	07:00	Best of TLC		
01/11/2012	08:00	Chew		
01/11/2012	09:00	Bizarre foods with Andrew Zimmern		
01/11/2012	10:00	Donna Hay Fresh, Fast and Simple		
01/11/2012	10:30	Best of Man v Food		
01/11/2012	11:00	Happily ever laughter		
01/11/2012	11:30	After 12		
01/11/2012	12:00	Glutton For punishment		
01/11/2012	12:30	5 Star Insider		
01/11/2012	13:00	Chew		
01/11/2012	13:30	Chew		
01/11/2012	14:00	Ny Ink		
01/11/2012	15:00	Best of TLC		
01/11/2012	16:00	Donna Hay Fresh, Fast and Simple		
01/11/2012	16:30	Best of Man v Food		
01/11/2012	17:00	Forbes Luxe 11		
01/11/2012	18:00	Wild weddings		
01/11/2012	19:00	Chew		
01/11/2012	20:00	Choccywoccydoodah		
01/11/2012	20:30	Xtreme Sommer		
01/11/2012	21:00	Bizarre foods with Andrew Zimmern		
01/11/2012	22:00	Donna Hay Fresh, Fast and Simple		
01/11/2012	22:30	Lawrence of America		
01/11/2012	23:00	Get Out		
01/11/2012	23:30	Beach Watch		
01/12/2012	00:00	Cocktail Kings		
01/12/2012	00:30	World Party		
01/12/2012	01:00	Choccywoccydoodah		
01/12/2012	01:30	Xtreme Sommer		
01/12/2012	02:00	Chew		
01/12/2012	03:00	Donna Hay Fresh, Fast and Simple		
01/12/2012	03:30	Cocktail Kings		
01/12/2012	04:00	Get Out		
01/12/2012	04:30	Beach Watch		
01/12/2012	05:00	Happily ever laughter		
01/12/2012	05:30	Everyday Exotic		
01/12/2012	06:00	Bizarre foods with Andrew Zimmern		
01/12/2012	07:00	Best of TLC		
01/12/2012	08:00	Chew		
01/12/2012	09:00	Feast Bazaar		
01/12/2012	09:30	Natural Born Traveller		

01/12/2012	10:00	Donna Hay Fresh, Fast and Simple		
01/12/2012	10:30	Glutton For punishment		
01/12/2012	11:00	Ultimate Cake off		
01/12/2012	12:00	Miami Ink		
01/12/2012	13:00	Chew		
01/12/2012	13:30	Chew		
01/12/2012	14:00	Hell's Kitchen		
01/12/2012	15:00	Best of TLC		
01/12/2012	16:00	Donna Hay Fresh, Fast and Simple		
01/12/2012	16:30	Lawrence of America		
01/12/2012	17:00	Best food ever		
01/12/2012	18:00	Project Runway		
01/12/2012	19:00	Chew		
01/12/2012	20:00	Happily ever laughter		
01/12/2012	20:30	Everyday Exotic		
01/12/2012	21:00	Feast Bazaar		
01/12/2012	21:30	Natural Born Traveller		
01/12/2012	22:00	Donna Hay Fresh, Fast and Simple		
01/12/2012	22:30	Madhur Jaffrey's Flavours of India		
01/12/2012	23:00	Get Out		
01/12/2012	23:30	Beach Watch		
01/13/2012	00:00	Choccywoccydoodah		
01/13/2012	00:30	Xtreme Sommer		
01/13/2012	01:00	Happily ever laughter		
01/13/2012	01:30	Everyday Exotic		
01/13/2012	02:00	Chew		
01/13/2012	03:00	Donna Hay Fresh, Fast and Simple		
01/13/2012	03:30	Madhur Jaffrey's Flavours of India		
01/13/2012	04:00	Get Out		
01/13/2012	04:30	Beach Watch		
01/13/2012	05:00	Rags To Red Carpet		
01/13/2012	05:30	Glutton For punishment		
01/13/2012	06:00	Feast Bazaar		
01/13/2012	06:30	Natural Born Traveller		
01/13/2012	07:00	Best of TLC		
01/13/2012	08:00	Chew		
01/13/2012	09:00	World Cafe Middle East		
01/13/2012	10:00	Donna Hay Fresh, Fast and Simple		
01/13/2012	10:30	Madhur Jaffrey's Flavours of India		
01/13/2012	11:00	Confidential series		
01/13/2012	12:00	Wild weddings		
01/13/2012	13:00	Chew		
01/13/2012	13:30	Chew		
01/13/2012	14:00	Love/Lust		
01/13/2012	15:00	Best of TLC		
01/13/2012	16:00	Donna Hay Fresh, Fast and Simple		

01/13/2012	16:30	5 Star Insider		
01/13/2012	17:00	Fabulous Cakes		
01/13/2012	18:00	NY Ink		
01/13/2012	19:00	Chew		
01/13/2012	20:00	Rags To Red Carpet		
01/13/2012	20:30	Glutton For punishment		
01/13/2012	21:00	Lonely Planet		
01/13/2012	21:30	World cafe Asia		
01/13/2012	22:00	Donna Hay Fresh, Fast and Simple		
01/13/2012	22:30	Cocktail Kings		
01/13/2012	23:00	Get Out		
01/13/2012	23:30	Beach Watch		
01/14/2012	00:00	Lonely Planet		
01/14/2012	00:30	World cafe Asia		
01/14/2012	01:00	Rags To Red Carpet		
01/14/2012	01:30	Glutton For punishment		
01/14/2012	02:00	Chew		
01/14/2012	03:00	Donna Hay Fresh, Fast and Simple		
01/14/2012	03:30	Chuck's day off		
01/14/2012	04:00	Get Out		
01/14/2012	04:30	Beach Watch		
01/14/2012	05:00	Forbes Luxe 11		
01/14/2012	06:00	Lonely Planet		
01/14/2012	06:30	World cafe Asia		
01/14/2012	07:00	Best of TLC		
01/14/2012	08:00	Chew		
01/14/2012	09:00	Anthony Bourdain's no reservation		
01/14/2012	10:00	Donna Hay Fresh, Fast and Simple		
01/14/2012	10:30	Chuck's Day Off		
01/14/2012	11:00	NY Ink		
01/14/2012	12:00	Choccywoccydoodah		
01/14/2012	12:30	Xtreme Sommer		
01/14/2012	13:00	Chew		
01/14/2012	13:30	Chew		
01/14/2012	14:00	Wild Weddings		
01/14/2012	15:00	Best of TLC		
01/14/2012	16:00	Donna Hay Fresh, Fast and Simple		
01/14/2012	16:30	Cheese slices		
01/14/2012	17:00	Happily ever laughter		
01/14/2012	17:30	Floyd's India		
01/14/2012	18:00	A Makeover Story		
01/14/2012	18:30	the Taj Mumbai		
01/14/2012	19:00	Chew		
01/14/2012	20:00	Forbes Luxe 11		
01/14/2012	21:00	1000 Places to see before you die		
01/14/2012	22:00	Donna Hay Fresh, Fast and Simple		

01/14/2012	22:30	Chuck's day off		
01/14/2012	23:00	Get Out		
01/14/2012	23:30	Beach Watch		
01/15/2012	00:00	Bizarre foods with Andrew Zimmern		
01/15/2012	01:00	Forbes Luxe 11		
01/15/2012	02:00	Chew		
01/15/2012	03:00	Donna Hay Fresh, Fast and Simple		
01/15/2012	03:30	Lawrence of America		
01/15/2012	04:00	Get Out		
01/15/2012	04:30	Beach Watch		
01/15/2012	05:00	Money On the Menu		
01/15/2012	05:30	World Party		
01/15/2012	06:00	1000 Places to see before you die		
01/15/2012	07:00	Best of TLC		
01/15/2012	08:00	Chew		
01/15/2012	09:00	Xtreme Tourist		
01/15/2012	09:30	Girl meets Hawaii		
01/15/2012	10:00	Donna Hay Fresh, Fast and Simple		
01/15/2012	10:30	Lawrence of America		
01/15/2012	11:00	Lonely Planet: Best in Asia		
01/15/2012	11:30	Happily Ever Laughter		
01/15/2012	12:00	Love/Lust		
01/15/2012	13:00	Chew		
01/15/2012	13:30	Chew		
01/15/2012	14:00	Uberguide		
01/15/2012	15:00	Best of TLC		
01/15/2012	16:00	Donna Hay Fresh, Fast and Simple		
01/15/2012	16:30	Chuck's day off		
01/15/2012	17:00	Super Swank		
01/15/2012	18:00	Family Food Guide		
01/15/2012	19:00	Chew		
01/15/2012	19:30	Chew		
01/15/2012	20:00	Money On the Menu		
01/15/2012	20:30	World Party		
01/15/2012	21:00	Xtreme tourist		
01/15/2012	21:30	Girl meets Hawaii		
01/15/2012	22:00	Donna Hay Fresh, Fast and Simple		
01/15/2012	22:30	Indian Food made easy		
01/15/2012	23:00	Get Out		
01/15/2012	23:30	Beach Watch		
01/16/2012	00:00	Wild weddings		
01/16/2012	01:00	Money On the Menu		
01/16/2012	01:30	World Party		
01/16/2012	02:00	Chew		
01/16/2012	02:30	Chew		
01/16/2012	03:00	Donna Hay Fresh, Fast and Simple		

01/16/2012	03:30	Indian Food made easy		
01/16/2012	04:00	Get Out		
01/16/2012	04:30	Beach Watch		
01/16/2012	05:00	Love/Lust		
01/16/2012	06:00	Xtreme tourist		
01/16/2012	06:30	Girl meets Hawaii		
01/16/2012	07:00	Best of TLC		
01/16/2012	08:00	Chew		
01/16/2012	08:30	Chew		
01/16/2012	09:00	Travel Anthology		
01/16/2012	10:00	Donna Hay Fresh, Fast and Simple		
01/16/2012	10:30	Indian Food made easy		
01/16/2012	11:00	Best food ever		
01/16/2012	12:00	Cruises we love		
01/16/2012	12:30	Money On the Menu		
01/16/2012	13:00	Chew		
01/16/2012	14:00	After 12		
01/16/2012	14:30	Happily Ever Laughter		
01/16/2012	15:00	Best of TLC		
01/16/2012	16:00	Donna Hay Fresh, Fast and Simple		
01/16/2012	16:30	Feast Bazaar		
01/16/2012	17:00	Bizarre World with Andrew Zimmern		
01/16/2012	18:00	Ultimate Cake off		
01/16/2012	19:00	Chew		
01/16/2012	19:30	Chew		
01/16/2012	20:00	Love/Lust		
01/16/2012	21:00	Travel Anthology		
01/16/2012	22:00	Donna Hay Fresh, Fast and Simple		
01/16/2012	22:30	Rude boy food		
01/16/2012	23:00	Get Out		
01/16/2012	23:30	Beach Watch		
01/17/2012	00:00	1000 Places to see before you die		
01/17/2012	01:00	Love/Lust		
01/17/2012	02:00	Chew		
01/17/2012	02:30	Chew		
01/17/2012	03:00	Donna Hay Fresh, Fast and Simple		
01/17/2012	03:30	Rude boy food		
01/17/2012	04:00	Get Out		
01/17/2012	04:30	Beach Watch		
01/17/2012	05:00	Uberguide		
01/17/2012	06:00	Travel Anthology		
01/17/2012	07:00	Best of TLC		
01/17/2012	08:00	Chew		
01/17/2012	08:30	Chew		
01/17/2012	09:00	Piers Morgan on		
01/17/2012	10:00	Donna Hay Fresh, Fast and Simple		

01/17/2012	10:30	Rude boy food		
01/17/2012	11:00	Money On the Menu		
01/17/2012	11:30	World Party		
01/17/2012	12:00	Hairy Bikers ride again		
01/17/2012	13:00	Chew		
01/17/2012	14:00	Rags to Red Carpet		
01/17/2012	14:30	Rude boy food		
01/17/2012	15:00	Best of TLC		
01/17/2012	16:00	Donna Hay Fresh, Fast and Simple		
01/17/2012	16:30	Choccywoccydoodah		
01/17/2012	17:00	Love/Lust		
01/17/2012	18:00	Making the Cut		
01/17/2012	19:00	Chew		
01/17/2012	19:30	Chew		
01/17/2012	20:00	Uberguide		
01/17/2012	21:00	Piers Morgan on		
01/17/2012	22:00	Donna Hay Fresh, Fast and Simple		
01/17/2012	22:30	Best of Man v Food		
01/17/2012	23:00	Get Out		
01/17/2012	23:30	Beach Watch		
01/18/2012	00:00	Disney Parks		
01/18/2012	01:00	Uberguide		
01/18/2012	02:00	Chew		
01/18/2012	02:30	Chew		
01/18/2012	03:00	Donna Hay Fresh, Fast and Simple		
01/18/2012	03:30	Best of Man v Food		
01/18/2012	04:00	Get Out		
01/18/2012	04:30	Beach Watch		
01/18/2012	05:00	Choccywoccydoodah		
01/18/2012	05:30	Xtreme Sommer		
01/18/2012	06:00	Piers Morgan on		
01/18/2012	07:00	Best of TLC		
01/18/2012	08:00	Chew		
01/18/2012	08:30	Chew		
01/18/2012	09:00	Bizarre foods with Andrew Zimmern		
01/18/2012	10:00	Donna Hay Fresh, Fast and Simple		
01/18/2012	10:30	Best of Man v Food		
01/18/2012	11:00	Happily ever laughter		
01/18/2012	11:30	After 12		
01/18/2012	12:00	Glutton For punishment		
01/18/2012	12:30	5 Star Insider		
01/18/2012	13:00	Chew		
01/18/2012	14:00	NY Ink		
01/18/2012	15:00	Best of TLC		
01/18/2012	16:00	Donna Hay Fresh, Fast and Simple		
01/18/2012	16:30	Best of Man v Food		

01/18/2012	17:00	Forbes Luxe 11		
01/18/2012	18:00	Wild weddings		
01/18/2012	19:00	Chew		
01/18/2012	19:30	Chew		
01/18/2012	20:00	Choccywoccydoodah		
01/18/2012	20:30	Xtreme Sommer		
01/18/2012	21:00	Bizarre foods with Andrew Zimmern		
01/18/2012	22:00	Donna Hay Fresh, Fast and Simple		
01/18/2012	22:30	Lawrence of America		
01/18/2012	23:00	Get Out		
01/18/2012	23:30	Beach Watch		
01/19/2012	00:00	Cocktail Kings		
01/19/2012	00:30	World Party		
01/19/2012	01:00	Choccywoccydoodah		
01/19/2012	01:30	Xtreme Sommer		
01/19/2012	02:00	Chew		
01/19/2012	02:30	Chew		
01/19/2012	03:00	Donna Hay Fresh, Fast and Simple		
01/19/2012	03:30	Cocktail Kings		
01/19/2012	04:00	Get Out		
01/19/2012	04:30	Beach Watch		
01/19/2012	05:00	Happily ever laughter		
01/19/2012	05:30	Everyday Exotic		
01/19/2012	06:00	Bizarre foods with Andrew Zimmern		
01/19/2012	07:00	Best of TLC		
01/19/2012	08:00	Chew		
01/19/2012	08:30	Chew		
01/19/2012	09:00	Feast Bazaar		
01/19/2012	09:30	Natural Born Traveller		
01/19/2012	10:00	Donna Hay Fresh, Fast and Simple		
01/19/2012	10:30	Glutton For punishment		
01/19/2012	11:00	Ultimate Cake off		
01/19/2012	12:00	Miami Ink		
01/19/2012	13:00	Chew		
01/19/2012	14:00	Hell's Kitchen		
01/19/2012	15:00	Best of TLC		
01/19/2012	16:00	Donna Hay Fresh, Fast and Simple		
01/19/2012	16:30	Lawrence of America		
01/19/2012	17:00	Best food ever		
01/19/2012	18:00	Project Runway		
01/19/2012	19:00	Chew		
01/19/2012	19:30	Chew		
01/19/2012	20:00	Happily ever laughter		
01/19/2012	20:30	Everyday Exotic		
01/19/2012	21:00	Feast Bazaar		
01/19/2012	21:30	Natural Born Traveller		

01/19/2012	22:00	Donna Hay Fresh, Fast and Simple		
01/19/2012	22:30	Madhur Jaffrey's Flavours of India		
01/19/2012	23:00	Get Out		
01/19/2012	23:30	Beach Watch		
01/20/2012	00:00	Choccywoccydoodah		
01/20/2012	00:30	Xtreme Sommer		
01/20/2012	01:00	Happily ever laughter		
01/20/2012	01:30	Everyday Exotic		
01/20/2012	02:00	Chew		
01/20/2012	02:30	Chew		
01/20/2012	03:00	Donna Hay Fresh, Fast and Simple		
01/20/2012	03:30	Madhur Jaffrey's Flavours of India		
01/20/2012	04:00	Get Out		
01/20/2012	04:30	Beach Watch		
01/20/2012	05:00	Rags To Red Carpet		
01/20/2012	05:30	Glutton For punishment		
01/20/2012	06:00	Feast Bazaar		
01/20/2012	06:30	Natural Born Traveller		
01/20/2012	07:00	Best of TLC		
01/20/2012	08:00	Chew		
01/20/2012	08:30	Chew		
01/20/2012	09:00	World Cafe Middle East		
01/20/2012	10:00	Donna Hay Fresh, Fast and Simple		
01/20/2012	10:30	Madhur Jaffrey's Flavours of India		
01/20/2012	11:00	Confidential series		
01/20/2012	12:00	Wild weddings		
01/20/2012	13:00	Chew		
01/20/2012	14:00	Love/Lust		
01/20/2012	15:00	Best of TLC		
01/20/2012	16:00	Donna Hay Fresh, Fast and Simple		
01/20/2012	16:30	5 Star Insider		
01/20/2012	17:00	Fabulous Cakes		
01/20/2012	18:00	NY Ink		
01/20/2012	19:00	Chew		
01/20/2012	19:30	Chew		
01/20/2012	20:00	Rags To Red Carpet		
01/20/2012	20:30	Glutton For punishment		
01/20/2012	21:00	Lonely Planet		
01/20/2012	21:30	World cafe Asia		
01/20/2012	22:00	Donna Hay Fresh, Fast and Simple		
01/20/2012	22:30	Cocktail Kings		
01/20/2012	23:00	Get Out		
01/20/2012	23:30	Beach Watch		
01/21/2012	00:00	Lonely Planet		
01/21/2012	00:30	World cafe Asia		
01/21/2012	01:00	Rags To Red Carpet		

01/21/2012	01:30	Glutton For punishment		
01/21/2012	02:00	Chew		
01/21/2012	02:30	Chew		
01/21/2012	03:00	Donna Hay Fresh, Fast and Simple		
01/21/2012	03:30	Chuck's day off		
01/21/2012	04:00	Get Out		
01/21/2012	04:30	Beach Watch		
01/21/2012	05:00	Forbes Luxe 11		
01/21/2012	06:00	Lonely Planet		
01/21/2012	06:30	World cafe Asia		
01/21/2012	07:00	Best of TLC		
01/21/2012	08:00	Chew		
01/21/2012	08:30	Chew		
01/21/2012	09:00	Anthony Bourdain's no reservation		
01/21/2012	10:00	Donna Hay Fresh, Fast and Simple		
01/21/2012	10:30	Chuck's day off		
01/21/2012	11:00	NY Ink		
01/21/2012	12:00	Choccywoccydoodah		
01/21/2012	12:30	Xtreme Sommer		
01/21/2012	13:00	Chew		
01/21/2012	14:00	Wild Weddings		
01/21/2012	15:00	Best of TLC		
01/21/2012	16:00	Donna Hay Fresh, Fast and Simple		
01/21/2012	16:30	Cheese slices		
01/21/2012	17:00	Happily ever laughter		
01/21/2012	17:30	Floyd's India		
01/21/2012	18:00	A Makeover Story		
01/21/2012	18:30	the Taj Mumbai		
01/21/2012	19:00	Chew		
01/21/2012	19:30	Chew		
01/21/2012	20:00	Forbes Luxe 11		
01/21/2012	21:00	1000 Places to see before you die		
01/21/2012	22:00	Donna Hay Fresh, Fast and Simple		
01/21/2012	22:30	Chuck's day off		
01/21/2012	23:00	Get Out		
01/21/2012	23:30	Beach Watch		
01/22/2012	00:00	Bizarre foods with Andrew Zimmern		
01/22/2012	01:00	Forbes Luxe 11		
01/22/2012	02:00	Chew		
01/22/2012	02:30	Chew		
01/22/2012	03:00	Donna Hay Fresh, Fast and Simple		
01/22/2012	03:30	Lawrence of America		
01/22/2012	04:00	Get Out		
01/22/2012	04:30	Beach Watch		
01/22/2012	05:00	Money On the Menu		
01/22/2012	05:30	World Party		

01/22/2012	06:00	1000 Places to see before you die		
01/22/2012	07:00	Best of TLC		
01/22/2012	08:00	Chew		
01/22/2012	08:30	Chew		
01/22/2012	09:00	Xtreme Tourist		
01/22/2012	09:30	Girl meets Hawaii		
01/22/2012	10:00	Donna Hay Fresh, Fast and Simple		
01/22/2012	10:30	Lawrence of America		
01/22/2012	11:00	Lonely Planet: Best in Asia		
01/22/2012	11:30	Happily Ever Laughter		
01/22/2012	12:00	Love/Lust		
01/22/2012	13:00	Chew		
01/22/2012	13:30	Chew		
01/22/2012	14:00	Uberguide		
01/22/2012	15:00	Best of TLC		
01/22/2012	16:00	Donna Hay Fresh, Fast and Simple		
01/22/2012	16:30	Chuck's day off		
01/22/2012	17:00	Super Swank		
01/22/2012	18:00	Family Food Guide		
01/22/2012	19:00	Chew		
01/22/2012	19:30	Group Name		
01/22/2012	20:00	Money On the Menu		
01/22/2012	20:30	World Party		
01/22/2012	21:00	Xtreme tourist		
01/22/2012	21:30	Girl meets Hawaii		
01/22/2012	22:00	Donna Hay Fresh, Fast and Simple		
01/22/2012	22:30	Indian Food made easy		
01/22/2012	23:00	Get Out		
01/22/2012	23:30	Beach Watch		
01/23/2012	00:00	Wild weddings		
01/23/2012	01:00	Money On the Menu		
01/23/2012	01:30	World Party		
01/23/2012	02:00	Chew		
01/23/2012	02:30	Group Name		
01/23/2012	03:00	Donna Hay Fresh, Fast and Simple		
01/23/2012	03:30	Indian Food made easy		
01/23/2012	04:00	Get Out		
01/23/2012	04:30	Beach Watch		
01/23/2012	05:00	Love/Lust		
01/23/2012	06:00	Xtreme tourist		
01/23/2012	06:30	Girl meets Hawaii		
01/23/2012	07:00	Best of TLC		
01/23/2012	08:00	Chew		
01/23/2012	09:00	Travel Anthology		
01/23/2012	10:00	Donna Hay Fresh, Fast and Simple		
01/23/2012	10:30	Indian Food made easy		

01/23/2012	11:00	Best food ever		
01/23/2012	12:00	Cruises we love		
01/23/2012	12:30	Money On the Menu		
01/23/2012	13:00	Chew		
01/23/2012	13:30	Chew		
01/23/2012	14:00	After 12		
01/23/2012	14:30	Happily Ever Laughter		
01/23/2012	15:00	Best of TLC		
01/23/2012	16:00	Donna Hay Fresh, Fast and Simple		
01/23/2012	16:30	Feast Bazaar		
01/23/2012	17:00	Bizarre World with Andrew Zimmern		
01/23/2012	18:00	Ultimate Cake off		
01/23/2012	19:00	Chew		
01/23/2012	19:30	Group Name		
01/23/2012	20:00	Love/Lust		
01/23/2012	21:00	Travel Anthology		
01/23/2012	22:00	Donna Hay Fresh, Fast and Simple		
01/23/2012	22:30	Rude boy food		
01/23/2012	23:00	Get Out		
01/23/2012	23:30	Beach Watch		
01/24/2012	00:00	1000 Places to see before you die		
01/24/2012	01:00	Love/Lust		
01/24/2012	02:00	Chew		
01/24/2012	02:30	Group Name		
01/24/2012	03:00	Donna Hay Fresh, Fast and Simple		
01/24/2012	03:30	Rude boy food		
01/24/2012	04:00	Get Out		
01/24/2012	04:30	Beach Watch		
01/24/2012	05:00	Uberguide		
01/24/2012	06:00	Travel Anthology		
01/24/2012	07:00	Best of TLC		
01/24/2012	08:00	Chew		
01/24/2012	09:00	Piers Morgan on		
01/24/2012	10:00	Donna Hay Fresh, Fast and Simple		
01/24/2012	10:30	Rude boy food		
01/24/2012	11:00	Money On the Menu		
01/24/2012	11:30	World Party		
01/24/2012	12:00	Hairy Bikers ride again		
01/24/2012	13:00	Chew		
01/24/2012	13:30	Chew		
01/24/2012	14:00	Rags to Red Carpet		
01/24/2012	14:30	Rude boy food		
01/24/2012	15:00	Best of TLC		
01/24/2012	16:00	Donna Hay Fresh, Fast and Simple		
01/24/2012	16:30	Choccywoccydoodah		
01/24/2012	17:00	Love/Lust		

01/24/2012	18:00	While you were out		
01/24/2012	19:00	Chew		
01/24/2012	19:30	Group Name		
01/24/2012	20:00	Uberguide		
01/24/2012	21:00	Piers Morgan on		
01/24/2012	22:00	Donna Hay Fresh, Fast and Simple		
01/24/2012	22:30	Best of Man v Food		
01/24/2012	23:00	Get Out		
01/24/2012	23:30	Beach Watch		
01/25/2012	00:00	Disney Parks		
01/25/2012	01:00	Uberguide		
01/25/2012	02:00	Chew		
01/25/2012	02:30	Group Name		
01/25/2012	03:00	Donna Hay Fresh, Fast and Simple		
01/25/2012	03:30	Best of Man v Food		
01/25/2012	04:00	Get Out		
01/25/2012	04:30	Beach Watch		
01/25/2012	05:00	Choccywoccydoodah		
01/25/2012	05:30	Xtreme Sommer		
01/25/2012	06:00	Piers Morgan on		
01/25/2012	07:00	Best of TLC		
01/25/2012	08:00	Chew		
01/25/2012	09:00	Bizarre foods with Andrew Zimmern		
01/25/2012	10:00	Donna Hay Fresh, Fast and Simple		
01/25/2012	10:30	Best of Man v Food		
01/25/2012	11:00	Happily ever laughter		
01/25/2012	11:30	After 12		
01/25/2012	12:00	Glutton For punishment		
01/25/2012	12:30	5 Star Insider		
01/25/2012	13:00	Chew		
01/25/2012	13:30	Chew		
01/25/2012	14:00	NY Ink		
01/25/2012	15:00	Best of TLC		
01/25/2012	16:00	Donna Hay Fresh, Fast and Simple		
01/25/2012	16:30	Best of Man v Food		
01/25/2012	17:00	Forbes Luxe 11		
01/25/2012	18:00	Wild weddings		
01/25/2012	19:00	Chew		
01/25/2012	19:30	Group Name		
01/25/2012	20:00	Choccywoccydoodah		
01/25/2012	20:30	Xtreme Sommer		
01/25/2012	21:00	Bizarre foods with Andrew Zimmern		
01/25/2012	22:00	Donna Hay Fresh, Fast and Simple		
01/25/2012	22:30	Lawrence of America		
01/25/2012	23:00	Get Out		
01/25/2012	23:30	Beach Watch		

01/26/2012	00:00	Cocktail Kings		
01/26/2012	00:30	World Party		
01/26/2012	01:00	Choccywoccydoodah		
01/26/2012	01:30	Xtreme Sommer		
01/26/2012	02:00	Chew		
01/26/2012	02:30	Group Name		
01/26/2012	03:00	Donna Hay Fresh, Fast and Simple		
01/26/2012	03:30	Cocktail Kings		
01/26/2012	04:00	Get Out		
01/26/2012	04:30	Beach Watch		
01/26/2012	05:00	Happily ever laughter		
01/26/2012	05:30	Everyday Exotic		
01/26/2012	06:00	Bizarre foods with Andrew Zimmern		
01/26/2012	07:00	Best of TLC		
01/26/2012	08:00	Chew		
01/26/2012	09:00	Feast Bazaar		
01/26/2012	09:30	Natural Born Traveller		
01/26/2012	10:00	Donna Hay Fresh, Fast and Simple		
01/26/2012	10:30	Glutton For punishment		
01/26/2012	11:00	Ultimate Cake off		
01/26/2012	12:00	Miami Ink		
01/26/2012	13:00	Chew		
01/26/2012	13:30	Chew		
01/26/2012	14:00	Hell's Kitchen		
01/26/2012	15:00	Best of TLC		
01/26/2012	16:00	Donna Hay Fresh, Fast and Simple		
01/26/2012	16:30	Lawrence of America		
01/26/2012	17:00	Best food ever		
01/26/2012	18:00	Project Runway		
01/26/2012	19:00	Chew		
01/26/2012	19:30	Group Name		
01/26/2012	20:00	Happily ever laughter		
01/26/2012	20:30	Everyday Exotic		
01/26/2012	21:00	Feast Bazaar		
01/26/2012	21:30	Not You average Travel Guide		
01/26/2012	22:00	Donna Hay Fresh, Fast and Simple		
01/26/2012	22:30	Madhur Jaffrey's Flavours of India		
01/26/2012	23:00	Get Out		
01/26/2012	23:30	Beach Watch		
01/27/2012	00:00	Choccywoccydoodah		
01/27/2012	00:30	Xtreme Sommer		
01/27/2012	01:00	Happily ever laughter		
01/27/2012	01:30	Everyday Exotic		
01/27/2012	02:00	Chew		
01/27/2012	02:30	Group Name		
01/27/2012	03:00	Donna Hay Fresh, Fast and Simple		

01/27/2012	03:30	Madhur Jaffrey's Flavours of India		
01/27/2012	04:00	Get Out		
01/27/2012	04:30	Beach Watch		
01/27/2012	05:00	Rags To Red Carpet		
01/27/2012	05:30	Glutton For punishment		
01/27/2012	06:00	Feast Bazaar		
01/27/2012	06:30	Not You average Travel Guide		
01/27/2012	07:00	Best of TLC		
01/27/2012	08:00	Chew		
01/27/2012	09:00	Lonely Planet		
01/27/2012	09:30	World cafe Asia		
01/27/2012	10:00	Donna Hay Fresh, Fast and Simple		
01/27/2012	10:30	Madhur Jaffrey's Flavours of India		
01/27/2012	11:00	Confidential series		
01/27/2012	12:00	Wild weddings		
01/27/2012	13:00	Chew		
01/27/2012	13:30	Chew		
01/27/2012	14:00	Love/Lust		
01/27/2012	15:00	Best of TLC		
01/27/2012	16:00	Donna Hay Fresh, Fast and Simple		
01/27/2012	16:30	5 Star Insider		
01/27/2012	17:00	Fabulous Cakes		
01/27/2012	18:00	NY Ink		
01/27/2012	19:00	Chew		
01/27/2012	19:30	Group Name		
01/27/2012	20:00	Rags To Red Carpet		
01/27/2012	20:30	Glutton For punishment		
01/27/2012	21:00	Lonely Planet		
01/27/2012	21:30	World cafe Asia		
01/27/2012	22:00	Donna Hay Fresh, Fast and Simple		
01/27/2012	22:30	Cocktail Kings		
01/27/2012	23:00	Get Out		
01/27/2012	23:30	Beach Watch		
01/28/2012	00:00	Lonely Planet		
01/28/2012	00:30	World cafe Asia		
01/28/2012	01:00	Rags To Red Carpet		
01/28/2012	01:30	Glutton For punishment		
01/28/2012	02:00	Chew		
01/28/2012	02:30	Group Name		
01/28/2012	03:00	Donna Hay Fresh, Fast and Simple		
01/28/2012	03:30	Chuck's day off		
01/28/2012	04:00	Get Out		
01/28/2012	04:30	Beach Watch		
01/28/2012	05:00	Forbes Luxe 11		
01/28/2012	06:00	Lonely Planet		
01/28/2012	06:30	World cafe Asia		

01/28/2012	07:00	Best of TLC		
01/28/2012	08:00	Chew		
01/28/2012	09:00	Anthony Bourdain's no reservation		
01/28/2012	10:00	Donna Hay Fresh, Fast and Simple		
01/28/2012	10:30	Chuck's day off		
01/28/2012	11:00	NY Ink		
01/28/2012	12:00	Choccywoccydoodah		
01/28/2012	12:30	Xtreme Sommer		
01/28/2012	13:00	Chew		
01/28/2012	13:30	Chew		
01/28/2012	14:00	Wild Weddings		
01/28/2012	15:00	Best of TLC		
01/28/2012	16:00	Donna Hay Fresh, Fast and Simple		
01/28/2012	16:30	Cheese slices		
01/28/2012	17:00	Happily ever laughter		
01/28/2012	17:30	Floyd's India		
01/28/2012	18:00	A Makeover Story		
01/28/2012	18:30	the Taj Mumbai		
01/28/2012	19:00	Chew		
01/28/2012	20:00	Forbes Luxe 11		
01/28/2012	21:00	1000 Places to see before you die		
01/28/2012	22:00	Donna Hay Fresh, Fast and Simple		
01/28/2012	22:30	Chuck's day off		
01/28/2012	23:00	Get Out		
01/28/2012	23:30	Beach Watch		
01/29/2012	00:00	Bizarre foods with Andrew Zimmern		
01/29/2012	01:00	Forbes Luxe 11		
01/29/2012	02:00	Chew		
01/29/2012	03:00	Donna Hay Fresh, Fast and Simple		
01/29/2012	03:30	Lawrence of America		
01/29/2012	04:00	Get Out		
01/29/2012	04:30	Beach Watch		
01/29/2012	05:00	Money On the Menu		
01/29/2012	05:30	World Party		
01/29/2012	06:00	1000 Places to see before you die		
01/29/2012	07:00	Best of TLC		
01/29/2012	08:00	Chew		
01/29/2012	08:30	Chew		
01/29/2012	09:00	Xtreme Tourist		
01/29/2012	09:30	Girl meets Hawaii		
01/29/2012	10:00	Donna Hay Fresh, Fast and Simple		
01/29/2012	10:30	Lawrence of America		
01/29/2012	11:00	Lonely Planet: Best in Asia		
01/29/2012	11:30	Happily Ever Laughter		
01/29/2012	12:00	Love/Lust		
01/29/2012	13:00	Chew		

01/29/2012	13:30	Group Name		
01/29/2012	14:00	Uberguide		
01/29/2012	15:00	Best of TLC		
01/29/2012	16:00	Donna Hay Fresh, Fast and Simple		
01/29/2012	16:30	Chuck's day off		
01/29/2012	17:00	Super Swank		
01/29/2012	18:00	Family Food Guide		
01/29/2012	19:00	Chew		
01/29/2012	20:00	Money On the Menu		
01/29/2012	20:30	World Party		
01/29/2012	21:00	Xtreme tourist		
01/29/2012	21:30	Girl meets Hawaii		
01/29/2012	22:00	Donna Hay Fresh, Fast and Simple		
01/29/2012	22:30	Indian Food made easy		
01/29/2012	23:00	Get Out		
01/29/2012	23:30	Beach Watch		
01/30/2012	00:00	Wild weddings		
01/30/2012	01:00	Money On the Menu		
01/30/2012	01:30	World Party		
01/30/2012	02:00	Chew		
01/30/2012	03:00	Donna Hay Fresh, Fast and Simple		
01/30/2012	03:30	Indian Food made easy		
01/30/2012	04:00	Get Out		
01/30/2012	04:30	Beach Watch		
01/30/2012	05:00	Love/Lust		
01/30/2012	06:00	Xtreme tourist		
01/30/2012	06:30	Girl meets Hawaii		
01/30/2012	07:00	Best of TLC		
01/30/2012	08:00	Chew		
01/30/2012	08:30	Chew		
01/30/2012	09:00	Travel Anthology		
01/30/2012	10:00	Donna Hay Fresh, Fast and Simple		
01/30/2012	10:30	Indian Food made easy		
01/30/2012	11:00	Best food ever		
01/30/2012	12:00	Cruises we love		
01/30/2012	12:30	Money On the Menu		
01/30/2012	13:00	Chew		
01/30/2012	13:30	Group Name		
01/30/2012	14:00	After 12		
01/30/2012	14:30	Happily Ever Laughter		
01/30/2012	15:00	Best of TLC		
01/30/2012	16:00	Donna Hay Fresh, Fast and Simple		
01/30/2012	16:30	Feast Bazaar		
01/30/2012	17:00	Bizarre World with Andrew Zimmern		
01/30/2012	18:00	Ultimate Cake off		
01/30/2012	19:00	Chew		

01/30/2012	20:00	Love/Lust		
01/30/2012	21:00	Travel Anthology		
01/30/2012	22:00	Glutton for punishment		
01/30/2012	22:30	Rude boy food		
01/30/2012	23:00	Get Out		
01/30/2012	23:30	Beach Watch		
01/31/2012	00:00	1000 Places to see before you die		
01/31/2012	01:00	Love/Lust		
01/31/2012	02:00	Chew		
01/31/2012	03:00	Glutton for punishment		
01/31/2012	03:30	Rude boy food		
01/31/2012	04:00	Get Out		
01/31/2012	04:30	Beach Watch		
01/31/2012	05:00	Uberguide		
01/31/2012	06:00	Travel Anthology		
01/31/2012	07:00	Best of TLC		
01/31/2012	08:00	Chew		
01/31/2012	08:30	Chew		
01/31/2012	09:00	Piers Morgan on		
01/31/2012	10:00	Group Name		
01/31/2012	10:30	Rude boy food		
01/31/2012	11:00	Money On the Menu		
01/31/2012	11:30	World Party		
01/31/2012	12:00	Hairy Bikers ride again		
01/31/2012	13:00	Chew		
01/31/2012	13:30	Group Name		
01/31/2012	14:00	Style Star		
01/31/2012	14:30	Rude boy food		
01/31/2012	15:00	Best of TLC		
01/31/2012	16:00	Group Name		
01/31/2012	16:30	Choccywoccydoodah		
01/31/2012	17:00	Love/Lust		
01/31/2012	18:00	While you were out		
01/31/2012	19:00	Chew		
01/31/2012	20:00	Uberguide		
01/31/2012	21:00	Piers Morgan on		
01/31/2012	22:00	Glutton for punishment		
01/31/2012	22:30	Best of Man v Food		
01/31/2012	23:00	Get Out		
01/31/2012	23:30	Beach Watch		
02/01/2012	00:00	Disney Parks		
02/01/2012	01:00	Uberguide		
02/01/2012	02:00	Chew		
02/01/2012	03:00	Glutton for punishment		
02/01/2012	03:30	Best of Man v Food		
02/01/2012	04:00	Get Out		

02/01/2012	04:30	Beach Watch		
02/01/2012	05:00	Choccywoccydoodah		
02/01/2012	05:30	Xtreme Sommer		