

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Time
06:00	CHRIS SALEEM -R	CHRIS SALEEM -R	CHRIS SALEEM -R	CHRIS SALEEM -R	CHRIS SALEEM -R	CHRIS SALEEM -R	CHRIS SALEEM -R	06:00
06:30	MIGUELS TROPICAL KITCHEN -R	MIGUELS TROPICAL KITCHEN -R	MIGUELS TROPICAL KITCHEN -R	MIGUELS TROPICAL KITCHEN -R	MIGUELS TROPICAL KITCHEN -R	MIGUELS TROPICAL KITCHEN -R	MIGUELS TROPICAL KITCHEN -R	06:30
07:00	The F Word - R	DINNER IMPOSSIBLE -R	SPAIN ON THE ROAD -R	DINNER IMPOSSIBLE-R	The F Word -R	DINNER IMPOSSIBLE-R	SPAIN ON THE ROAD -R	07:00
07:30								07:30
08:00	Meals On The Run with SUNITA -R	Meals On The Run with SUNITA -R	Meals On The Run with SUNITA -R	Meals On The Run with SUNITA -R	Meals On The Run with SUNITA -R	Meals On The Run with SUNITA -R	Meals On The Run with SUNITA -R	08:00
08:30	MIGUELS TROPICAL KITCHEN-R	MIGUELS TROPICAL KITCHEN-R	MIGUELS TROPICAL KITCHEN-R	MIGUELS TROPICAL KITCHEN-R	MIGUELS TROPICAL KITCHEN-R	MIGUELS TROPICAL KITCHEN-R	MIGUELS TROPICAL KITCHEN-R	08:30
09:00	CHRIS SALEEM -R	CHRIS SALEEM -R	CHRIS SALEEM -R	CHRIS SALEEM -R	CHRIS SALEEM -R	CHRIS SALEEM -R	CHRIS SALEEM -R	09:00
09:30	BITCHIN KITCHEN -R	BITCHIN KITCHEN -R	BITCHIN KITCHEN -R	BITCHIN KITCHEN -R	BITCHIN KITCHEN -R	BITCHIN KITCHEN -R	BITCHIN KITCHEN -R	09:30
10:00	SPAIN ON THE ROAD -R	DINNER IMPOSSIBLE-R	The F Word -R	DINNER IMPOSSIBLE -R	SPAIN ON THE ROAD -R	DINNER IMPOSSIBLE -R	The F Word -R	10:00
11:00	CHRIS SALEEM -R	CHRIS SALEEM -R	CHRIS SALEEM -R	CHRIS SALEEM -R	CHRIS SALEEM -R	CHRIS SALEEM -R	CHRIS SALEEM -R	11:00
11:30	5 INGREDIENTS FIX -R	6 INGREDIENTS FIX -R	7 INGREDIENTS FIX -R	8 INGREDIENTS FIX -R	9 INGREDIENTS FIX -R	10 INGREDIENTS FIX -R	11 INGREDIENTS FIX -R	11:30
12:00	DINNER IMPOSSIBLE-R	The F Word -R	SPAIN ON THE ROAD -R	The F Word #4	DINNER IMPOSSIBLE #4	The F Word #4	SPAIN ON THE ROAD #4	12:00
12:30								12:30
13:00	MIGUELS TROPICAL KITCHEN	MIGUELS TROPICAL KITCHEN	MIGUELS TROPICAL KITCHEN	MIGUELS TROPICAL KITCHEN	MIGUELS TROPICAL KITCHEN	MIGUELS TROPICAL KITCHEN	MIGUELS TROPICAL KITCHEN	13:00
13:30	5 INGREDIENTS FIX	5 INGREDIENTS FIX	5 INGREDIENTS FIX	5 INGREDIENTS FIX	5 INGREDIENTS FIX	5 INGREDIENTS FIX	5 INGREDIENTS FIX	13:30
14:00	CHRIS SALEEM	CHRIS SALEEM	CHRIS SALEEM	CHRIS SALEEM	CHRIS SALEEM	CHRIS SALEEM	CHRIS SALEEM	14:00
14:30	BITCHIN KITCHEN	BITCHIN KITCHEN	BITCHIN KITCHEN	BITCHIN KITCHEN	BITCHIN KITCHEN	BITCHIN KITCHEN	BITCHIN KITCHEN	14:30
15:00	Meals On The Run with SUNITA	Meals On The Run with SUNITA	Meals On The Run with SUNITA	Meals On The Run with SUNITA	Meals On The Run with SUNITA	Meals On The Run with SUNITA	Meals On The Run with SUNITA	15:00
15:30	MIGUELS TROPICAL KITCHEN -R	MIGUELS TROPICAL KITCHEN -R	MIGUELS TROPICAL KITCHEN -R	MIGUELS TROPICAL KITCHEN -R	MIGUELS TROPICAL KITCHEN -R	MIGUELS TROPICAL KITCHEN -R	MIGUELS TROPICAL KITCHEN -R	15:30
16:00	SPAIN ON THE ROAD -R	DINNER IMPOSSIBLE-R	The F Word -R	DINNER IMPOSSIBLE -R	SPAIN ON THE ROAD -R	DINNER IMPOSSIBLE -R	The F Word -R	16:00
16:30								16:30
17:00	CHRIS SALEEM -R	CHRIS SALEEM -R	CHRIS SALEEM -R	CHRIS SALEEM -R	CHRIS SALEEM -R	CHRIS SALEEM -R	CHRIS SALEEM -R	17:00
17:30	MIGUELS TROPICAL KITCHEN -R	MIGUELS TROPICAL KITCHEN -R	MIGUELS TROPICAL KITCHEN -R	MIGUELS TROPICAL KITCHEN -R	MIGUELS TROPICAL KITCHEN -R	MIGUELS TROPICAL KITCHEN -R	MIGUELS TROPICAL KITCHEN -R	17:30
18:00	The F Word -R	SPAIN ON THE ROAD -R	DINNER IMPOSSIBLE -R	SPAIN ON THE ROAD -R	The F Word -R	SPAIN ON THE ROAD -R	DINNER IMPOSSIBLE -R	18:00

