

JUDIE BYRD'S KITCHEN - JULY BROADCAST MONTH

June 28 - July 25, 2010

ALL TIMES EASTERN

Air Date @ 1230pm	Air Date @ 12pm	Date for Repeat Airing @ 230A	Date for Repeat airing @ 8P	Date for Repeat airing @ 830P	Program #	Title	Synopsis
Monday - June 28th		Tuesday - June 29th		Sunday July 4th - preempted for July 4th special programming	16C	Tailgating	Whether it Friday Night High school or Sundays' Big Game, these recipes will make your tailgating party a hit.
Tuesday - June 29th		Wednesday - June 30th			17C	I Still Hate to Cook!	Add spunk to your menu with Judie Byrd's Kitchen. Broadcasting from the heart of Texas, Judie Byrd delivers great recipes for families on the go. Get your family back to the dinner table with these great-tasting, healthy meals that take less time.
Wednesday - June 30th		Thursday- July 1st			13C	Outdoor Grilling	In Texas, we grill outdoors almost year round..so we have plenty of recipes to go around. Judie shows us quick and easy recipes to use without heating up the kitchen.
Thursday- July 1st		Friday - July 2nd			25C	Easy Fabulous Party Food	It's time to PARTY...wow your guests with these fabulous recipes.
Friday - July 2nd		Saturday - July 3rd			18C	Chef's Secrets	Judie shares some of her favorite secrets to make your meals even better.
	Saturday - July 3rd			Sunday July 4th - preempted for July 4th special programming	19C	Friday Night Teen Party	Make your house "THE" place to have a party with these teen favorites.

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Monday - July 5th		Tuesday - July 6th		Sunday - July 11th	20C	Great Chicken Recipes	Baffled by the bird? Join Judie in finding new ways to cook chicken.
Tuesday - July 6th		Wednesday - July 7th			21C	Regional Favorites	Add spunk to your menu with Judie Byrd's Kitchen. Broadcasting from the heart of Texas, Judie Byrd delivers great recipes for families on the go. Get your family back to the dinner table with these great-tasting, healthy meals that take less time.
Wednesday - July 7th		Thursday - July 8th			22C	Firestation Cooking	These meals are ready when you are...and fit into your busy schedules.
Thursday - July 8th		Friday - July 9th			23C	Gatherings	Special recipes for those special times when friends and families gather.
Friday - July 9th		Saturday - July 10th			24C	Sleepover at Grandmas House	Quick and easy so you can spend more quality time with the ones you love.
	Saturday - July 10th		Sunday - July 11th		35C	Back Yard Party for New Neighbors	Welcome the new neighbors in style. A backyard party is just the thing to have when you get new friends in the neighborhood.
Monday - July 12th		Tuesday - July 13th		Sunday July 18th	26C	Chocolate:	Need we say more? Favorite chocolate recipes from Judie's own kitchen.
Tuesday - July 13th		Wednesday - July 14th			27C	Easy Fish Recipes	Yummy fish recipes made easy by Judie Byrd.
Wednesday - July 14th		Thursday - July 15th			28C	Pork Loin Recipes	Wondering how to cook "the other white meat"? Join Judie in preparing the wonderful pork loin delights.
Thursday - July 15th		Friday - July 16th			29C	Family Night Dinner	Bring the family together with these favorites. Judie shows you how to prepare these family favorites.
Friday - July 16th		Saturday - July 17th			30C	Mom's Best Recipes	Learn how to prepare recipes "just like Mom used to make".
	Saturday - July 17th		Sunday July 18th		31C	Cook With Your Kids!	Teaching our children how to cook is one of the best ways to insure they eat healthy throughout their lives.

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Monday - July 19th		Tuesday - July 20th		Sunday July 25th	32C	Luscious Desserts	Entertain and wow your friends and family with these great recipes.
Tuesday - July 20th		Wednesday - July 21st			33C	Teen Birthday Party Sleepover	More teen favorites. Win the "Best Mom" award with these fabulous recipes.
Wednesday - July 21st		Thursday - July 22nd			34C	Slow Boat to China	Add spunk to your menu with Judie Byrd's Kitchen. Broadcasting from the heart of Texas, Judie Byrd delivers great recipes for families on the go. Get your family back to the dinner table with these great-tasting, healthy meals that take less time.
Thursday - July 22nd		Friday - July 23rd			36C	Sausage Favorites	New ways to cook an old favorite. Judie shows us wonderful sausage recipes.
Friday - July 23rd		Saturday - July 24th			37C	Cooking with Chef Todd Brown	Guest Chef Todd Brown joins Judie in the kitchen to prepare tasty recipes your family will love.
	Saturday - July 24th		Sunday July 25th		38C	Feed Your Picky Eater	Prepare these recipes that even the pickiest eaters will enjoy.