

Wednesday Best Bets

MasterChef

KFFX KTVP 8:00 p.m.

Joe Bastianich once again joins chefs Gordon Ramsay and Aaron Sánchez to mentor talented home cooks in this culinary competition series. Each week, the home cooks go head to head in challenges designed to test their skills in the kitchen.

My 600-lb Life

TLC 8:00 p.m.

Lee's anger problem jeopardizes both his relationship with Rena and their weight loss journeys in this new episode. Meanwhile, Sarah spirals into depression after a major life event, and she must find a way to cope if she wants to keep losing weight.



Paul Blackthorne in "The InBetween"

Guy's Grocery Games

FOOD 9:00 p.m.

Guy Fieri gives home cooks a shot in this special new edition. He welcomes four confident competitors to Flavortown to test their shopping, cooking and presentation skills in three classic GGG games as they set out to prove they can cook like chefs.

The InBetween

KNDU KGW 10:00 p.m.

Harriet (Cassie Bishop) helps Tom (Paul Blackthorne) and Damien (Justin Cornwell) investigate the mysterious disappearance of a mother and her young son in this new episode. The husband is their main suspect, but Cassie's visions reveal a dark secret.

Wednesday Evening

June 5, 2019

	CH	DISH	DTV	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	12:30	
BROADCAST																		
KFFX	11	-	11	Modern Family	Modern Family	2 Broke Girls	2 Broke Girls	MasterChef (N)	Hell "Vasi's Restaurant and Bar"	First at Ten (N)	:35 Dateline "Good and Evil"	:35 Mike&M.	:05 Mike&M.	:35 2½Men				
KPTV	3	-	-	6 O'Clock News (N)	Family Feud	Family Feud	MasterChef (N)	Hell "Vasi's Restaurant and Bar"	10 O'Clock News (N)	News (N)	Page Six TV	TMZ Live!						
KEPR	19	19	19	News (N)	Inside Edition	The Big Bang	The Simpsons	The Amazing Race (N)	NCIS: Cases (N)	S.W.A.T.	News (N)	:35 The Late Show	:35 J.Corden					
KOIN	19	-	-	News (N)	News (N)	Extra	Ent. Tonight (N)	The Amazing Race (N)	NCIS: Cases (N)	S.W.A.T.	KOIN6News (N)	:35 The Late Show	:35 J.Corden					
KNDU	25	6	25	23	News (N)	Family Feud	Wheel Fortune	Jeopardy!	American Ninja Warrior "Atlanta City Qualifiers" (N)	Between "Made of Stone" (N)	News (N)	:35 The Tonight Show	:35 Late Night					
KGW	8	-	-	-	KGW News at 6:00 p.m. (N)	Tonight Cassidy	Inside Edition	American Ninja Warrior "Atlanta City Qualifiers" (N)	Between "Made of Stone" (N)	News (N)	:35 The Tonight Show	:35 Late Night						
KVEV	42	4	42	-	NBA Basketball Playoffs Toronto Raptors at Golden State Warriors (L)	Kimmel (N)	Local News	Ent. Tonight	Nightline Prime	News (N)	:35 Jimmy Kimmel Live	:35 Nightline						
KATU	5	-	-	-	NBA Basketball Playoffs Toronto Raptors at Golden State Warriors (L)	Kimmel (N)	Jeopardy!	Wheel Fortune	Kind Is Better	News (N)	:35 Jimmy Kimmel Live	:35 Nightline						
KTNW	-	31	31	-	PBS NewsHour (N)	World News	WealthTrack	Yellowstone Symphony	Nova "The Impossible Flight"	Amanpour and Company (N)	Newsline	Journeys Japan						
OPB	59	13	-	-	Journeys Japan	Business (N)	PBS NewsHour (N)	Ken Burns: The National Parks	Yellowstone Symphony	Aging Backwards	PBS NewsHour							
CABLE																		
A&E	52	118*	265*	Storage Wars	Storage Wars	Wahlburgers "On the Road"	Wahl "Prank You Very Much"	Wahlburgers (N)	The Employables (N)	:05 Biography "Jeff Dunham: Talking Heads"								
AMC	60	131*	254*	5:30	*** The Expendables 3 ('14, Act) Sylvester Stallone.	*** War Dogs (2016, Comedy) Miles Teller, Ana de Armas, Jonah Hill.	*** U.S. Marshals ('98, Act) Tommy Lee Jones, Robert Downey Jr., Wesley Snipes.											
ANPL	24	184*	282*	Woods Law "Spring Training"	Woods Law "Over the Edge"	North Woods Law: Uncuffed "Appalachian Accidents" (N)	Woods Law "Coastal Criminals"	North Woods Law "Blindsided"	North Woods Law: Uncuffed									
CMT	43	166*	327*	Last Man St.	Last Man St.	Last Man St.	Last Man St.	CMT Music Awards (L)	:45 CMT Music Awards									
CNBC	72	208*	355*	Deal or No Deal "Cowboy Up"	No Deal "Ice Cream Dreams"	Jay Leno Garage "Over the Top"	Jay Leno Garage "Closed Roads"	Paid Program	Paid Program	Paid Program	Paid Program							
CNN	68	200*	202*	Cuomo Prime Time	CNN Tonight With Don Lemon	CNN Tonight With Don Lemon	Anderson Cooper 360	Cuomo Prime Time	CNN Tonight With Don Lemon	CNN Tonight With Don Lemon								
DISC	51	182*	278*	Expedition Unknown	Expedition Unknown	Expedition Unknown (N)	Expedition Unknown: Rediscovered "WW2 Treasure" (N)	Exp. Unkn. "Yamashita's Gold"	Exp. Unknown "WW2 Treasure"									
DISN	26	173	21	Coop & Cami	Bunk'd	Raven's Home	Andi Mack	Coop & Cami	Coop & Cami	Coop & Cami	Sydney Max	Big City Greens	Big City Greens	Coop & Cami	Andi Mack	Bunk'd	Bunk'd	
ESPN	33	140*	206*	5:30	NCAA Softball Division I Tournament (L)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)	NBA Basketball Playoffs Tor./G.S.								
ESPN2	34	143*	209*	4:30	NCAA Track & Field Division I Championship (L)	Main Event	NBA at the Mic (L)	Prospect to Pro	NFL Live (N)	Now/Never (N)	Unlocking (N)	SportsCenter (N)						
FNC	66	205*	360*	Hannity	The Ingraham Angle	Fox News @ Night	Tucker Carlson Tonight	Hannity	The Ingraham Angle	Fox News @ Night								
FOOD	61	110*	231*	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	Guy's Game "Home Cooks!" (N)	Game "Express Lane Extreme"	Guy's Game "Cheesiest"	Guy's Game "Home Cooks!"								
FREE	32	180*	311*	*** Beauty and the Beast ('91, Ani) Paige O'Hara.	Grown-ish (N)	*** Finding Nemo ('03, Ani) Voices of Ellen DeGeneres, Albert Brooks.	The 700 Club	*** A Cinderella Story: If the S...										
FX	65	136*	248*	4:00	*** Maze Runner: The Sco...	*** X-Men: Days of Future Past (2014, Adventure) Ian McKellen, Patrick Stewart, Hugh Jackman.	*** X-Men: Days of Future Past (2014, Adventure) Ian McKellen, Patrick Stewart, Hugh Jackman.											
GOLF	88	401*	218*	5:00	Golf	Golf Central	Golf Atlantic City Boardwalk Bash											
GSN	76	116*	233*	ComKnowl.	Family Feud	Family Feud	Family Feud	Family Feud	America Says	America Says	America Says	Best Lessons	PGA Tour	Learning C.	Paid	Paid		
HALL	87	185*	312*	5:00	*** Wedding at Graceland	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Frasier	Frasier	Frasier 1/2	Frasier Pt. 2 of 2	Frasier	Frasier	
HGTV	62	12*	299*	Buying and Selling	Buying "Perfect Master Suite"	Property "Reno Interrupted"	Property Brothers: F (N)	House Hunt. (N)	House (N)	Boise Boys "The Vinyl House" (N)	Property Brothers: F							
HIST	50	120*	269*	Forged in Fire "Fan Favourites"	Forged in Fire	Forged/Fire "The Nagamaki" (N)	Forged in Fire (N)	:05 Butcher "A Poultry Sum" (N)	:05 Forged in Fire	:05 Forged in Fire								
LIFE	29	180*	252*	Wife Swap "Stonerock/Finley"	Wife Swap "Fuentes/ Lawson"	Married at First Sight (N)	:10 Married (N) :20 DanceMom	:20 Dance Moms	Married at First Sight									
NICK	27	171	300	Loud House	Loud House	Loud House	Henry Danger	SpongeBob	SpongeBob	SpongeBob	SpongeBob	The Office	The Office	Friends	Friends	Friends	Friends	
PRMT	42	241*	241	Mom	Mom	Mom	Mom	CMT Music Awards (N)	*** Twister (1996, Action) Bill Paxton, Jami Gertz, Helen Hunt.									
ROOT	37	-	-	Mariners	Pre-game	MLB Baseball Houston Astros at Seattle Mariners Site: T-Mobile Park -- Seattle, Wash. (L)	Post-game	MLB Baseball Houston Astros at Seattle Mariners Site: T-Mobile Park -- Seattle, Wash.										
SYFY	67	122*	244	5:30	*** Terminator Salvation ('09, Act) Christian Bale.	*** Real Steel (2011, Sci-Fi) Evangeline Lilly, Dakota Goyo, Hugh Jackman.	:45	*** X-Men: The Last Stand ('06, Act) Famke Janssen, Patrick Stewart.										
TBS	59	139*	247	Family Guy	Family Guy	Bob's Burgers	Bob's Burgers	The Big Bang	The Big Bang	The Big Bang	The Big Bang	The Big Bang	The Big Bang	Full Frontal	Conan (N)	Full Frontal	Seinfeld	Conan
TCM	56	132*	256	5:00	*** Holiday in Mexico	:15	*** Three Daring Daughters ('48, Mus) Jane Powell, Jeanette MacDonald.	*** A Date With Judy ('48, Mus) Jane Powell, Wallace Beery.	*** Luxury Liner ('48, Mus) George Brent.									
TLC	49	183*	280	My 600-lb Life "Janine"	My 600-lb Life "Lee, Rena and Sarah" (N)	My 600-lb Life "Erica's Story"	600-lb "Lee, Rena and Sarah"											
TNT	57	138*	245	5:30	*** Godzilla ('14, Act) Elizabeth Olsen.	*** Kong: Skull Island ('17, Act) Samuel L. Jackson, Brie Larson, Tom Hiddleston.	*** The Legend of Tarzan ('16, Act) Margot Robbie, Alexander Skarsgård.											
UNI	21	-	-	P. Luche	Noticiero Univ.	Rosa Guadalupe "Salvavidas"	La Reina Soy Yo	Silvia Pinal, Frente A Ti	Por Amar Sin Ley	Impacto extra	NoticieroUni	Contacto Deportivo						
USA	59	105*	242	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	
WE	118	128*	260	Law & Order "Ritual"	Law & Order "Grief"	Law & Order "Bad Girl"	Law & Order "Damaged"	Law & Order "Tabloid"	Law & Order "Disciple"	Law & Order "Empire"								
WGN	-	239*	307	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Pure "Faspa"	Married, Child	Married, Child				
PREMIUM																		
HBO	518	303	504	5:35	Game of Thrones: The Last Watch	Vice News (N)	*** Deadpool 2 ('18, Act) Josh Brolin, Ryan Reynolds.	*** Bad Times at the El Royale (2018, Mystery)	:25	Dad Wrote								
HBO2	520	304	505	:05	*** The Meg ('18, Act) Ruby Rose, Jason Statham.	Gentleman Jack (N)	Chernobyl "Vichnaya Pamyat"	:15	*** Deadwood ('', Dra) Timothy Olyphant, Ian McShane.	:05	*** The Beach							
HBO3	521	302*	503*	5:30	*** Kingdom of Heaven ('05, Act) Orlando Bloom.	Real Sports With Bryant Gumbel	AXIOS (SP) (N)	:40	*** Veronica Mars ('14, Com/Dra) Tina Majorino, Kristen Bell.	*** Halloween ('18, Hor) Jamie Lee Curtis.								
MAX	549	311	516	5:30	*** Inception ('10, Act) Leonardo DiCaprio.	*** The Descent Shauna MacDonald.	:40	*** Hostel ('05, Hor) Eytan Gudzjonsson.	:15	*** Justice League ('17, Act) Ben Affleck, Gal Gadot.								
SHOW	578	319	546	5:45	Quiet Storm: The Ron Artest Story	Becks (2018, Drama) Mena Suvari, Lena Hall. (P)	:05	*** What Keeps You Alive (2018, Horror) (P)	:45	DesMero	:15	*** Panic Room ('02, Thril) Forest Whitaker, Jodie Foster.						
STARZ	621	351	526	5:45	*** Slender Man	:25	*** Raising Arizona ('87, Com) Holly Hunter, Nicolas Cage.	*** White Boy Rick Matthew McConaughey.	:55	*** The Heartbreak Kid ('07, Comedy) Malin Akerman, Jerry Stiller, Ben Stiller.								
STZENC	644	341	536	:20	*** Charlie St. Cloud ('10, Fant) Charlie Tahan, Zac Efron.	*** The Lone Ranger ('13, Action) Armie Hammer, William Fichtner, Johnny Depp.	*** Only the Brave ('17, Dra) Jennifer Connelly, Taylor Kitsch.	Movie										

C - Charter; DISH - DISH; DTV - DirectTV
* Subscribers to DISH and DirectTV may see programming on select channels appear 3 hours earlier than listed.

SPORTS

MOVIES

NEWS