



**Show Rundowns for  
July 06, 2026 and July 13, 2026**

<b>DAY &amp; DATE</b>	<b>SHOW TITLE &amp; TEASE</b>	<b>TIME</b>
MON. July 06	<b>King Ranch Casserole:</b> Grab your hat ... and appetite 'cause today's recipe is a ranch-style favorite.	<b>1:22</b>
TUE. July 07	<b>Ice Cream Floats:</b> July 4th might be behind us, but we still have lots to celebrate, after all, July is National Ice cream Month.	<b>1:34</b>
WED. July 08	<b>Pierogi Lasagna:</b> The shortcut to making a quick version of pierogies is using an Italian twist. It's the best of two worlds.	<b>1:33</b>
THUR. July 09	<b>Cookie Peach Cobbler:</b> We're talking about one of the season's best food buys, and I have a feeling you're not gonna wanna miss this.	<b>1:21</b>
FRI. July 10	<b>Two-Step BBQ Chicken:</b> The trick to making the perfect BBQ chicken is just moments away. Join us and bring your appetite.	<b>1:22</b>
MON. July 13	<b>Five Napkin Burgers:</b> You're gonna need five napkins...or more... since the burgers we're makin' today are super juicy. Maybe even a bib.	<b>1:28</b>
TUE. July 14	<b>Deviled Egg Macaroni Salad:</b> If you love deviled eggs, then you're gonna love what we're making today. It's easy, budget-friendly and very tasty.	<b>1:32</b>
WED. July 15	<b>Awesome Blueberry Pie:</b> How do you get a slice as perfect as this? With our tips, and it's easy as pie. You won't wanna miss it.	<b>1:33</b>
THUR. July 16	<b>French Fried Pepper Rings:</b> Today's recipe is gonna give your everyday onion rings a run for their money. Stick around and I'll show ya.	<b>1:28</b>
FRI. July 17	<b>Five Star Fish Fillets:</b> Today I'm recommending we eat "fast food". But it's probably not what you're thinking, 'cause ya can't get this at the drive thru.	<b>1:29</b>

Key address/Web site for recipe requests

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