



# Weekly Highlights

Week 28/29 - Saturday 15th - Friday 21st July 2023

**FIFA Women's World Cup 2023**  
**Thursday, 10.15am & 5.50am**





**All American**  
Full series drop on ITVX on  
Thursday 20th July  
ITVX

Season five of the drama starring Daniel Ezra, Bre-Z and Greta Onieogou finds Spencer and his friends thriving as young adults on the cusp of real adulthood.

This season brings its fair share of sexy, messy love lives, hard lessons learned on and off the field, fun college drama, and of course parties galore. But even when life gets difficult for our crew, they will always find a way to rise themselves from the ashes.



**ITVX Kids**  
Content launching from 20th  
July and continuing through  
August  
ITVX

Get ready for action-packed programming on ITVX, featuring a number of brilliant shows to keep the small people happy throughout the summer months.

From a young boy's brick-filled adventures in LEGO Dreamzz, to Friendzspace, an animated comedy about human kids trying to make friends across the universe, and All Round Champions, which sees teen athletes facing off, ITVX is the place to be.

itv1

# Weekly highlights

itv1

**Jason Atherton's Dubai Dishes**  
**Saturday, 10.10am**  
**15th July**  
**ITV1**

**This series follows chef Jason Atherton in Dubai as he showcases fantastic local ingredients, celebrated foodie hotspots, brilliant local chefs and delicious recipes.**

Jason's debut in Dubai is all things spice as he explores a traditional souk in the heart of the old town and shows us how to spice up our life Dubai-style - Jason is also joined by local chef Rahul Rana, who makes a chocolate filled with spiced beetroot curry.



**Goodwood Festival of Speed Live**  
**Saturday, 11.15am**  
**Sunday, 1.30pm**  
**15th & 16th July**  
**ITV1**

**The return of the three-day motorsports extravaganza at Goodwood House that features the ultimate in machinery, motor racing drivers, and star personalities.**

Saturday's action includes a celebration of the legendary Porsche 75 and some famous faces and cars tackling the Qualifying Shootout, while Sunday will feature the historic Shootout itself and witness the top drivers competing for glory in this event.

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**The Voice Kids**  
**Saturday, 7pm**  
**15th July**  
**ITV1**

**Emma Willis hosts the final of the seventh series of the entertainment talent show where a group of famous faces search for the best kids' voices in the UK.**

Our young singers are joined by their superstar coaches Ronan Keating, Danny Jones, Pixie Lott and will.i.am to see who will be crowned champion - with exciting battles, show-stopping solos and an unforgettable coach performance, it's a final like no other!



**Crime**  
**Saturday, 10pm**  
**15th July**  
**ITV1**

**Dougray Scott, Joanna Vanderham and Angela Griffin star in this thrilling series, based on Irvine Welsh's best-selling novel, about Detective Inspector Ray Lennox.**

When Lennox interrogates MSP Richie Gulliver, CSI Bob Toal is furious and fears for his job - however, Lennox then uses his cunning to obtain the truth and publicly ridicule the politician... meanwhile, Drummond finds the van that was used to snatch Britney.



**Tipping Point: Lucky Stars**  
**Sunday, 7pm**  
**16th July**  
**ITV1**

**Ben Shephard hosts a star-studded of the quiz show as three celebrities take on an extraordinary machine in the hope of winning a huge cash jackpot for charity.**

National treasure Christopher Biggins, chef extraordinaire Rosemary Shrager, and rugby legend Gareth Chilcott join Ben to kick the ninth series of the show off with a bang as they all chase one very elusive jackpot counter in a bid to win 20,000 pounds.



**A Year on Planet Earth**  
**Sunday, 8pm**  
**16th July**  
**ITV1**

**Witness the incredible ways in which all life is connected by our journey around the sun in this breath-taking four-part nature series narrated by Stephen Fry.**

It's now spring, and the great melt begins and new life erupts as the Northern Hemisphere starts to face the sun's rays - however, conditions are getting harsher in the Southern Hemisphere for animals including a struggling cheetah mother in Kenya.



**A Spy Among Friends**  
**Sunday, 9pm**  
**16th July**  
**ITV1**

**A dramatic adaptation of author and journalist Ben Macintyre's book about an MI6 agent left in turmoil when a close friend and colleague is outed as a KGB agent.**

When Lily Thomas understands that Elliott is never going to divulge anything of value about what actually happened in Beirut conventionally, she decides to use her psychological skills to 'steer' Nicholas towards revealing more about Philby's escape.



**Long Lost Family**  
**Monday, 9pm**  
**17th July**  
**ITV1**

**Davina McCall and Nicky Campbell present the documentary series which aims to reunite family members desperate to find long-lost relatives after years apart.**

This episode follows the stories of a woman on a quest to find the son that she gave up for adoption, and a man who discovered - thanks to a single sheet of paper - that his late mother had led a complicated life and that he wasn't her only child after all.



**Catching My Rapist**  
**Monday, 10.45pm**  
**17th July**  
**ITV1**

**This intimate documentary follows one woman's struggle over five years - which culminated in a landmark trial in 2022 - to bring the man who raped her to justice.**

Part of the BAFTA-winning Exposure strand, the film follows 'Sam' with complete access to her story, from revealing her rape - and through 18 months in a safe house and botched police investigations - to her discovery of other victims and key evidence.



**Cooking with the Stars**  
**Tuesday, 9pm**  
**18th July**  
**ITV1**

**Emma Willis and Tom Allen host another episode of the culinary competition show where a host of famous faces cook up a storm in a bid to outdo their rivals' dishes.**

This episode sees stars Peter Andre, Jason Watkins, Indiyah Polack and their mentors attempt to cook the best of British and avoid elimination in the cook-off - the stars have come so far already, but whose dream of winning this series is about to go sour?



**The Hajj:  
A Journey Through Mecca**  
Tuesday, 10.45pm  
18th July  
ITV1

**This documentary sees Shehab Khan gain full access to the sacred Hajj pilgrimage as around two million Muslims from around the globe attend the six-day event.**

Muslims are expected to make the pilgrimage to Mecca in Saudi Arabia at some point in their lifetime, making this one of the biggest annual gatherings of people anywhere in the world - this film sees Shehab explore the Hajj's historical context and its origins.



**Joanna Lumley's  
Spice Trail Adventure**  
Wednesday, 9pm  
19th July  
ITV1

**A documentary series that follows Joanna Lumley as she sets off on one of her most epic voyages yet, a journey through the world's greatest spice continents.**

In this episode, Joanna's journey continues on the African island of Madagascar as she discovers the secrets of vanilla - the world's second most expensive spice - searches for gold with a poor community, and learns how cacao is used to make tasty chocolate.



**FIFA Women's World Cup 2023:  
Australia v Republic of Ireland  
Thursday, 10.15am  
20th July  
ITV1**

**Laura Woods hosts coverage as the 2023 FIFA Women's World Cup kicks off with co-hosts Australia taking on the Republic of Ireland in a sold-out match in Sydney.**

Thirty two teams are competing for the ultimate prize in Australia and New Zealand, and they include the Republic of Ireland for the first time in their history - Karen Carney and former Irish international Emma Byrne provide analysis of opening clash.



**Murder In The Family  
Thursday, 9pm  
20th July  
ITV1**

**This true crime series investigates murders where the victim and perpetrator are family, telling stories of ordinary relationships that take extraordinary tragic turns.**

This episode tells the story of Jennifer Cronin - who was burned alive by her son-in-law in 2018 in front of her daughter Susan - and explores the downward spiral of coercive control, domestic violence and drug abuse that led to her horrifyingly brutal death.



**FIFA Women's World Cup 2023:  
Philippines v Switzerland  
Thursday, 5.50am  
20th July  
ITV1**

**Coverage of the 2023 FIFA Women's World Cup continues with the Philippines making their World Cup debut at the Dunedin Stadium against Switzerland.**

The Philippine side will hope to carry over the fine form which saw them win the AFF Women's Championship in 2022 as Switzerland aim to better a disappointing Euro 2022 campaign - Pien Meulensteen and Siobhan Chamberlain are our commentators.



**Riches  
Friday, 9pm  
21st July  
ITV1**

**A glossy and high-stakes family drama following the Richards family, whose lives are turned upside down when their father Stephen suffers a devastating stroke.**

Andre makes good on his promise to find an investor for Claudia, and a damning article leaves Nina exposed as more discoveries emerge in a crucial meeting - meanwhile, a harsh truth surfaces for Wanda as Nina continues to search for the missing money.



**Love Island**  
**Saturday-Friday, 9pm**  
**15th-21st July**  
**ITV2**

**Maya Jama and Iain Stirling are on hand to guide us through another week of romantic rivalry and cautious coupling in the nation's hottest destination for love.**

The Islanders are still enjoying all their romance, flirting and fun in the sun, but they know that they can't rest on their laurels - catch up with all the Unseen Bits at 9pm on Saturday, then give your take on the show on Love Island: Aftersun on Sunday at 10pm.



**Shopping with Keith Lemon**  
**Wednesday, 10.05pm**  
**19th July**  
**ITV2**

**The anarchic Keith Lemon is back to join more famous faces as they go on some epic shopping adventures and to try to learn a bit more about what they get up to.**

As a new series of our favourite shopping show gets underway, Keith goes shopping for homeware and house plants with forthcoming Big Brother hosts AJ Odudu and Will Best, and that's followed by a trip to a pet store with reality star Olivia Attwood.

# itvBe Weekly highlights



**Project Bakeover**  
**Monday-Friday, 6pm**  
**17th-21st July**  
**ITVBe**

**A reality series that follows renowned pastry chef Steve Hodge and design guru Tiffany Pratt as they work to reinvigorate American bakeries that are on the brink.**

As the second series continues, Steve and Tiffany help a family bakery make a transition, Steve is on hand with a sweet solution for a bakery, Steve steps in to transform the menu of a Montreal establishment, and much more baked goodness.



**The Real Housewives**  
**Ultimate Girls Trip**  
**Wednesday, 10pm**  
**19th July**  
**ITVBe**

**Pack your bags for this very different Housewives experience as iconic franchise favourites from across the megahit programme embark on some opulent holidays.**

As the series rolls on, the ladies head to the beach for some fun in the sun, but Cynthia is left in Kenya's shade when Melissa spills a secret - meanwhile, Ramona co-hosts a dinner at John's house that she hopes will be a place where sparks will fly.



**The Bay**  
**Monday-Thursday, 11pm**  
**Friday, 11.05pm & 12.05am**  
**17th-21st July**  
**ITV3**

**Another chance to see the fourth series of the crime drama rooted in the families and community of the seaside town of Morecambe, starring Marsha Thomason.**

DS Jenn Townsend is working late when an emergency is called in - she races to the scene to find horror unfolding for a broken family called the Metcalfs. Jenn must gain their trust to help Manning and the MIU uncover the truth of what has happened.



**The Savoy**  
**Sunday, 9pm**  
**16th July**  
**ITV3**

**We return to the iconic hotel for the festive season and get another fascinating glimpse into the lives of those who are lucky enough to afford a slice of glamour.**

Christmas at the Savoy usually begins in mid-November, when staff work through the night to transform the hotel into a Yuletide wonderland - the process takes six weeks, and with 2020's celebrations cancelled, Christmas 2021 is a vital event for the hotel.



**Monster Carp**  
**Thursday, 8pm**  
**20th July**  
**ITV4**

**Neil Spooner and Tom Dove set off on another trip around the world, looking to catch more stunning fish as they chase the biggest carp on the planet.**

Tom Dove and Neil Spooner go head-to-head at the world-famous Gigantica complex in France as they do battle to net the biggest monster - they normally fish together as a team, but for this trip they will be fishing on opposite sides of the lake.



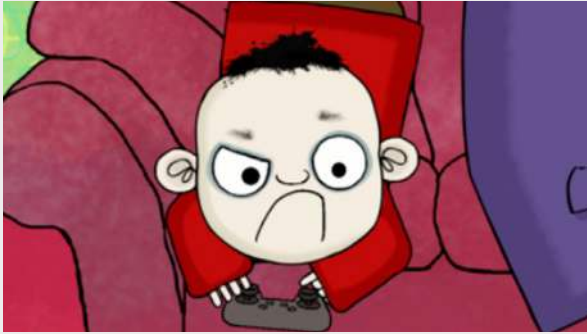
**Tour De France Live 2023**  
**Saturday-Friday, Times Vary**  
**15th-21st July**  
**ITV4**

**Gary Imlach presents continuing coverage of racing from the 110th edition of one of the most historic and popular events in cycling's calendar - the Tour De France.**

As the week begins, the Tour reaches the Alps with a mountain Stage featuring four climbs. The peleton continues in the Alps before a rest day on Monday. Tuesday is the only individual time trial of the race, before the riders continue their gruelling quest.



# Weekly highlights



**The Rubbish World of Dave Spud**  
**Monday, 4.30pm & 4.45pm**  
**Tuesday-Friday, 4.30pm**  
**17th-21st July**  
**CITV**

All new episodes as we enjoy the third series of the cartoon about Dave Spud and his family – along with Gareth the Starfish and one-eyed Fuzzypeg the dog.

A faulty TV remote rewinds the Spuds back to the olden days of black and white, the Spuds must use their superpowers to stop a pancake from ruining a school ski trip, Gran's naughty knitting crew dress the whole town in their woolly wares, and more.



**Jurassic World: Camp Cretaceous**  
**Monday-Friday, 5.30pm**  
**17th-21th July**  
**CITV**

This animated series follows six teenagers who have been selected to experience the world's most incredible adventure camp - and meet its impressive residents...

A high-stakes battle begins for control of Mantah Corp Island, the friends band together with the future of the island at stake, the campers encounter a stowaway and a surprise attack at sea, the weary crew dodges danger in the desert, and more.

