



**The Chef Roc Show airs Tuesday @ 8PM and Sundays @3:30p**

<b>CITY</b>	<b>STATE</b>	<b>STATION</b>	<b>CHANNEL</b>
Los Angeles	CA	KZGN	21.2
Chicago	IL	WPVN	24.3
Phoenix (Prescott)	AZ	K38IZ	38.2
Minneapolis-St. Paul	MN	K47OQ	47.1
Minneapolis-St. Paul	MN	K21GN	21.5
Miami-Ft. Lauderdale	FL	WEYW	19
Miami-Ft. Lauderdale	FL	WKWT	42
Denver	CO	K32EY	27.4
Denver	CO	KHDT	16.3
Orlando-Daytona Beach	FL	WHDO	38.1
Nashville	TN	WRTN	6.5
Salt Lake City	UT	KPDR	19.2
Cincinnati	OH	WBQC	25.6
Greenville-Spartanburg-Asheville	NC	WASV	50.4
Norfolk-Portsmouth-Newport News	NC	W30DN	30.1
Jacksonville	FL	WQXT	22.3
Albuquerque-Santa Fe	CO	K26CI	27.4
Albuquerque-Santa Fe	NM	KYNM	21.2
Louisville	KY	WRLW	17.3
Fresno-Visalia	CA	KVBC	13.8
Albany-Schenectady-Troy	NY	WYBN	14.3
Lexington	KY	WOBZ	9.3
Wichita-Hutchinson Plus	KS	KDGL	23.2
Wichita-Hutchinson Plus	KS	KSMI	30.5
Charleston-Huntington	WV	WHJC	27.2
Flint-Saginaw-Bay City	MI	WUWB	20.5
Rochester, NY	NY	WBGT	46.3
Chattanooga	TN	WOOT	6.4
Burlington-Plattsburgh	NH	WYCU	26.2
Greenville-New Bern-Washington	NC	WTMQ	41.3
Reno	NV	KCNL	3.3
Reno	NV	KRMF	TBD
Wilmington	NC	WTMV	29.1
Chico-Redding	CA	KBIT	TBD
Chico-Redding	CA	KGEC	26.2
Beaumont-Port Arthur	TX	KUMY	22.2
Rapid City	SD	KRPC	33.4
Twin Falls	ID	KYTL	17.2
Puerto Rico	PR	WMEI	14.1