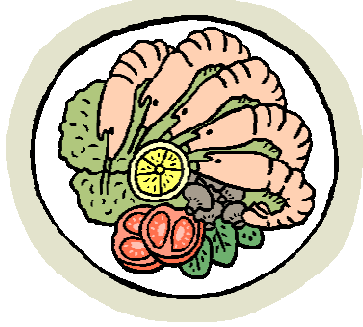


Du'aas for Eating



BEFORE

بِسْمِ اللَّهِ

Bismillaah.

*In the name of Allah**

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ



AFTER

Alhamdu lillaahil-lathee at'amanee hathaa wa razaqa-neehee min ghayri hawlin minnee wa laa quwwatin.

*All praise is for Allah, who fed me this, and provided it for me without any might or power from myself.**

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1 Abu Dawud 3/347 and At-Tirmidhi 4/288 and see: Sahih At-Tirmidhi 2/167.

2 Abu Dawud, At Tirmidhi and Ibn Maajah, see 'Irwaa Al-Ghaleel 7/47.