

Du'aas for Eating

BEFORE

بِسْمِ اللّٰهِ

Bismillaah.

In the name of Allah*

AFTER

الْحَمْدُ لِلّٰهِ الَّذِي اَطْعَمَنِي هَذَا وَرَزَقَنِيهِ مِنْ
غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ

*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.*

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.