



Du'as Before & After Eating

Every bite is a gift from Allah. Let's say thank You!

Bismillah!



Alhamdulillah!

1 Before we eat



بِسْمِ اللَّهِ

Bismillah

Meaning: In the name of Allah.



Forgot? Say it when you remember:

بِسْمِ اللَّهِ أَوَّلَهُ وَآخِرَهُ

Bismillahi awwalahu wa akhirahu

Meaning: In the name of Allah, at the start and at the end.

Abu Dawud 3767

2

After we eat



الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي

هَذَا وَرَزَقَنِيهِ مِنْ غَيْرِ

حَوْلٍ مِنِّي وَلَا قُوَّةٍ

*Alhamdu lillahil-ladhi at'amani hadha
wa razaqanihi min ghayri hawlin minni
wa la quwwah*

Meaning: All praise is for Allah, who fed me this and gave it to me, with no power or strength from me.

At-Tirmidhi 3458 · Abu Dawud 4023



Thank You, Allah, for every bite!

