

BEFORE EATING

بِسْمِ اللَّهِ
Bismillah

“In the name of Allah.”

IF YOU FORGET AND HAVE BEGUN

بِسْمِ اللَّهِ أَوَّلُهُ وَآخِرُهُ

Bismillahi awwalahu wa akhirahu

“In the name of Allah, at its beginning and its end.”

AFTER EATING

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**

*“All praise is for Allah, who fed me this and provided it for
me, without any strength or power on my part.”*

