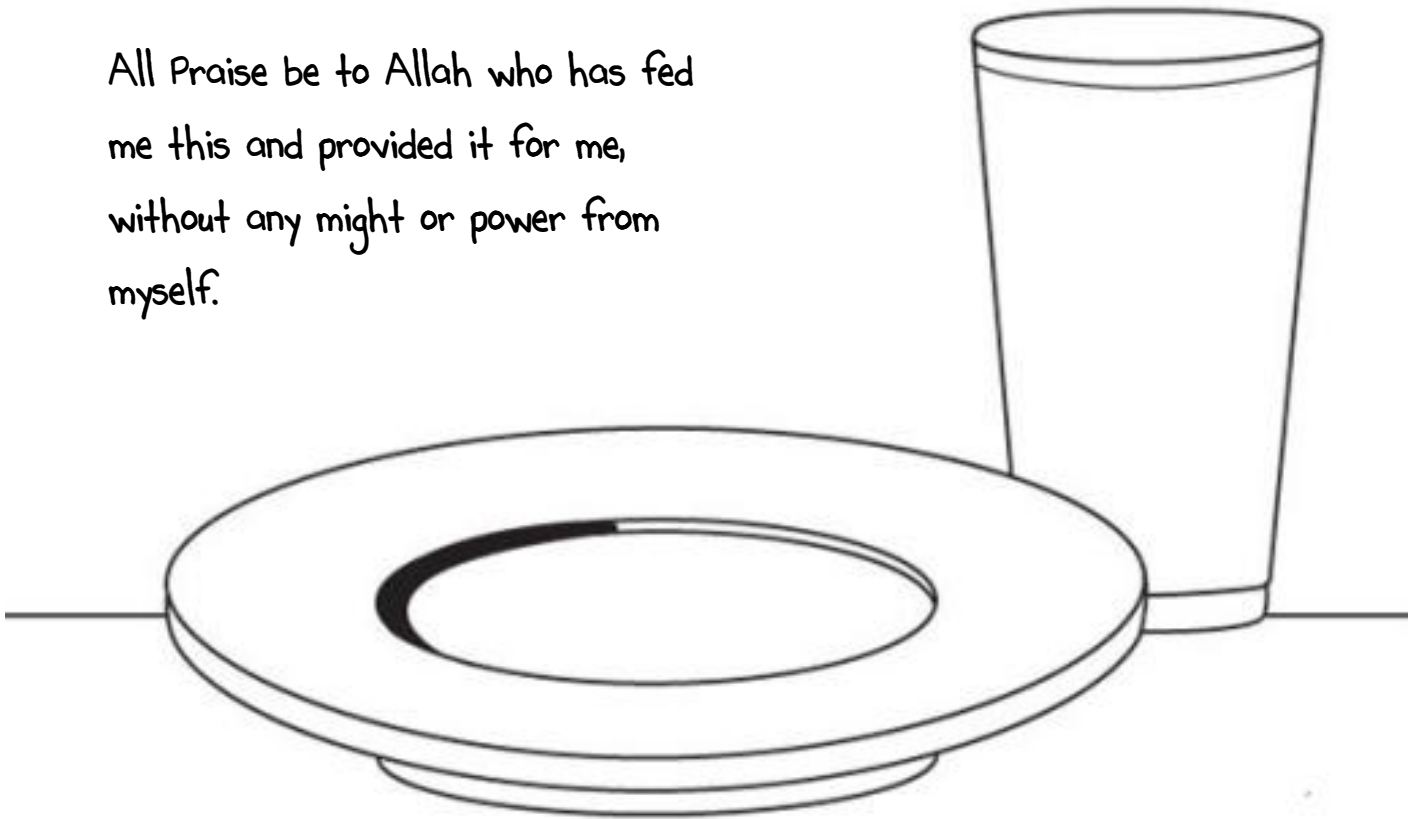


Upon Completing a Meal, Say:

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا وَ رَزَقَنِيهِ
مِنْ غَيْرِ حَوْلٍ مِنِّي وَ لَا قُوَّةٍ

All Praise be to Allah who has fed
me this and provided it for me,
without any might or power from
myself.



Al-ham-du-li-laa hil-la-thi oT-'a-ma-nee ha-tha
wa ra-zaq-a-nee-hee
min ghay-ree haw-lin min-nee wa laa quwwa(tin)

The Prophet (Sallallahu alayhi wa sallam) said: "Allāh is pleased with His slave if, when he eats something, he thanks Allāh for it, and when he drinks something, he thanks Allāh for it" (Muslim).