Upon Completing a Meal, Say:

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمْنِي هَذَا وَرَزَقَنِيهِ
مِنْ غَيْبِ حَوْلِ مَنِي وَلَا قُوَّةَ

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

Al-hamdu lillah al-dhii a'tumni hadda wa raqtihi
wa ra-zaq-a-nee-hee
min ghay-hee haw-lee min-nee wa laa quwwa(tin)

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