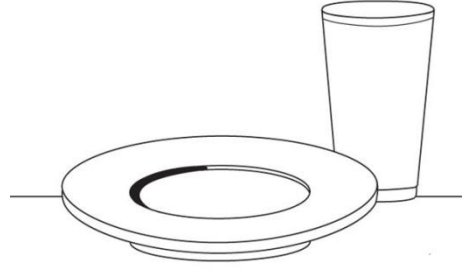


## Upon Completing a Meal, Say:

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا وَرَزَقَنِيهِ  
مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ



اللَّهُ	الْحَمْدُ
Be to Allah	All Praise

هَذَا	أَطْعَمَنِي	الَّذِي
this	Has fed me	Who

رَزَقَنِيهِ	وَ
Provided it for me	And

وَلَا قُوَّةٍ	مِنِّي	حَوْلٍ	مِنْ غَيْرِ
Or Power (strength)	from me	(any) might	without

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).