Duas for meals

Before eating, if you forget, after eating, for the host, and at iftar

BEFORE EATING

بِسْمِ اللَّهِ

Bismillah
In the name of Allah. Bukhari 5376

IF YOU FORGET

بِسْمِ اللَّهِ فِي أَوَّلِهِ وَآخِرِهِ

Bismillahi fi awwalihi wa akhirihi
In the name of Allah at its beginning and its end. Tirmidhi 1858

AFTER EATING

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلاَ 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 gave it to me, with no strength or power of my own. Tirmidhi 3458

AFTER EATING

الْحَمْدُ لِلَّهِ كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ، غَيْرَ مَكْفِيٍّ، وَلاَ مُوَدَّعٍ وَلاَ مُسْتَغْنًى عَنْهُ، رَبَّنَا

Alhamdu lillahi kathiran tayyiban mubarakan fih, ghayra makfiyyin wa la muwadda'in wa la mustaghnan 'anhu, Rabbana
All praise is for Allah, much praise, good and blessed. We can never repay it, never leave it, and never do without it, our Lord. Bukhari 5458

AFTER EATING OR DRINKING

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَ وَسَقَى وَسَوَّغَهُ وَجَعَلَ لَهُ مَخْرَجًا

Alhamdu lillahil-ladhi at'ama wa saqa wa sawwaghahu wa ja'ala lahu makhraja
All praise is for Allah, who gave food and drink, made it easy to swallow, and made a way out for it.
Abu Dawud 3851

FOR THE HOST

اللَّهُمَّ أَطْعِمْ مَنْ أَطْعَمَنِي وَأَسْقِ مَنْ أَسْقَانِي

Allahumma at'im man at'amani wa asqi man asqani
O Allah, feed the one who fed me, and give drink to the one who gave me drink. Muslim 2055

BREAKING A FAST

ذَهَبَ الظَّمَأُ وَابْتَلَّتِ الْعُرُوقُ وَثَبَتَ الأَجْرُ إِنْ شَاءَ اللَّهُ

Dhahabaz-zama'u wabtallatil-'uruqu wa thabatal-ajru in sha Allah
The thirst has gone, the veins are wet again, and the reward is sure, if Allah wills. Abu Dawud 2357