

## Upon completing the meal

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

Alhamdu lillahil-lathee atamanee  
hatha warazaqaneehi min ghayri  
hawlin minnee wala quwwah.

‘All praise is for Allah who fed me this and  
provided it for me without any might nor  
power from myself.’

الْحَمْدُ لِلَّهِ حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا  
فِيهِ، غَيْرَ مَكْفِيٍّ وَلَا مُودَّعٍ وَلَا  
مُسْتَغْنَى عَنْهُ رَبُّنَا

**Alhamdu lillahi hamdan katheeran  
tayyiban mubarakan feeh, ghayra  
makfiyyin wala muwaddain, wala  
mustaghnan anhu rabbuna.**

**‘Allah be praised with an abundant  
beautiful blessed praise, a never-ending  
praise, a praise which we will never bid  
farewell to and an indispensable praise, He  
is our Lord.’**