

After eating

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

Alhamdu lillaahil-lathee 'at' amanee haathaa, wa razaqaaneehi, min ghayri hawlin minnee wa laa quwwatin.

Praise is to Allah Who has given me this food and sustained me with it though I was unable to do it and powerless.

Reference: At-Tirmithi, Abu Dawud, and Ibn Majah. See also Al-Albani, Sahih At-Tirmithi 3/159.

After drinking milk

اللَّهُمَّ بَارِكْ لَنَا فِيهِ وَزِدْنَا مِنْهُ

Allaahumma baarik lanaa feehi wa zidnaa minhu.

“O Allah, bless it for us and give us more of it.”

Reference: At-Tirmithi 5/506. See also Al-Albani, Sahih At-Tirmithi 3/158.

Dua for the one offering food or drink

اللَّهُمَّ أَطْعِمْ مَنْ أَطْعَمَنِي ، وَاسْقِ مَنْ سَقَانِي

Allaahumma 'at'im man 'at' amanee wasqi man saqaanee.

O Allah , feed the one who has fed me and drink to the one who has given me drink.

Reference: Muslim 3/126.
