

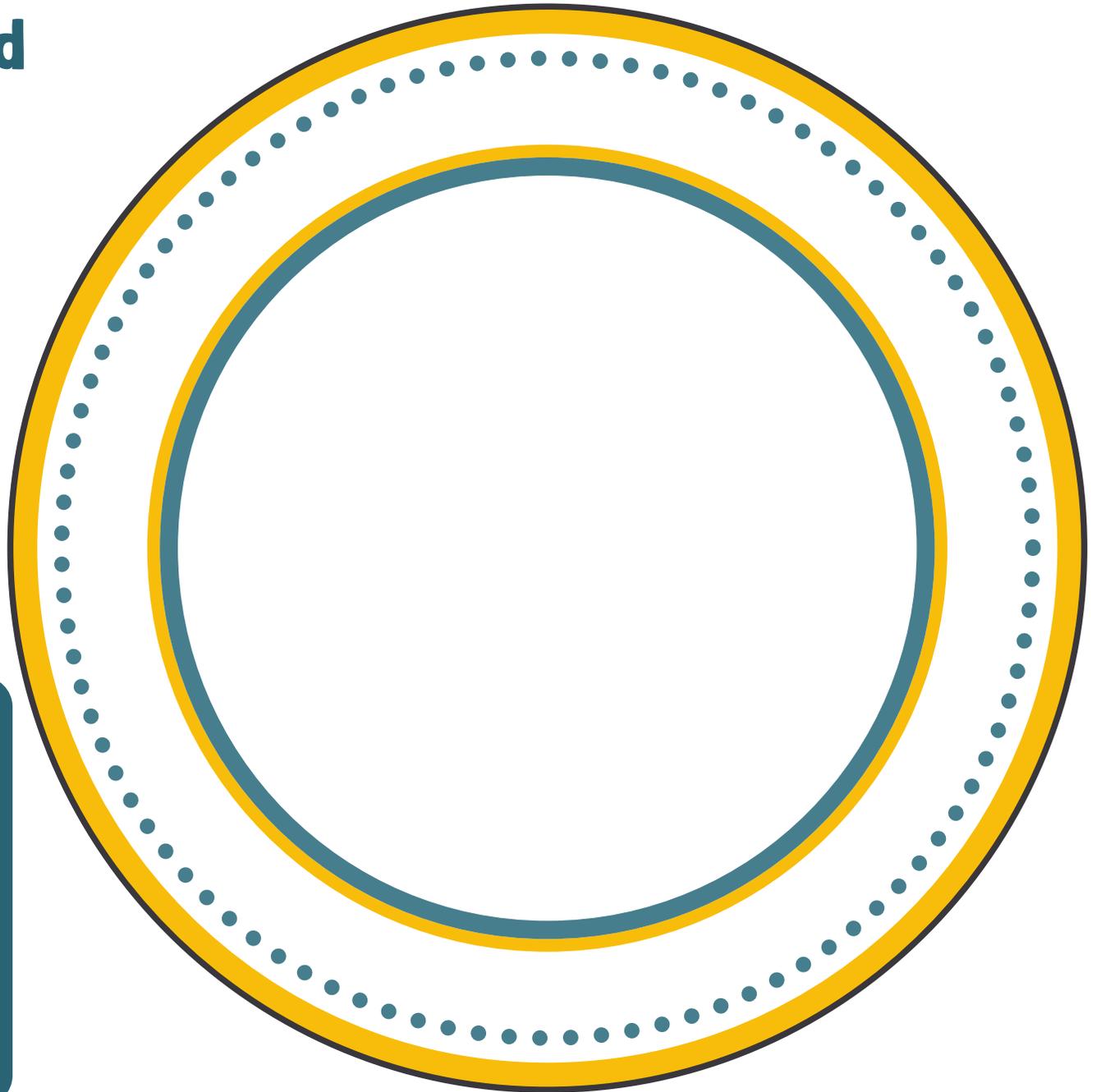
Plan A Hydrating And Energising Suhur

Select the foods from the Food Mat to place in your plate that you would include in your suhur to make it a healthy and energising meal that will keep you strong and well throughout the day, in sha' Allah.

Do you know the dua our beloved Prophet ﷺ taught us to make after we eat? Can you learn it with it's meaning?

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا الطَّعَامَ
وَرَزَقَنِيهِ مِنْ غَيْرِ كَوْلٍ مِنِّي وَلَا قُوَّةَ

**Praise is for Allah who fed me this food
and provided me with it through no
strength or power of my own.**



Food Mat

