

EAT LIKE OUR PROPHET

صَلَّى اللّٰهُ
عَلَيْهِ وَسَلَّمَ

SUNNAH SERIES



UMMU MARIAM WA UMMU SALIH



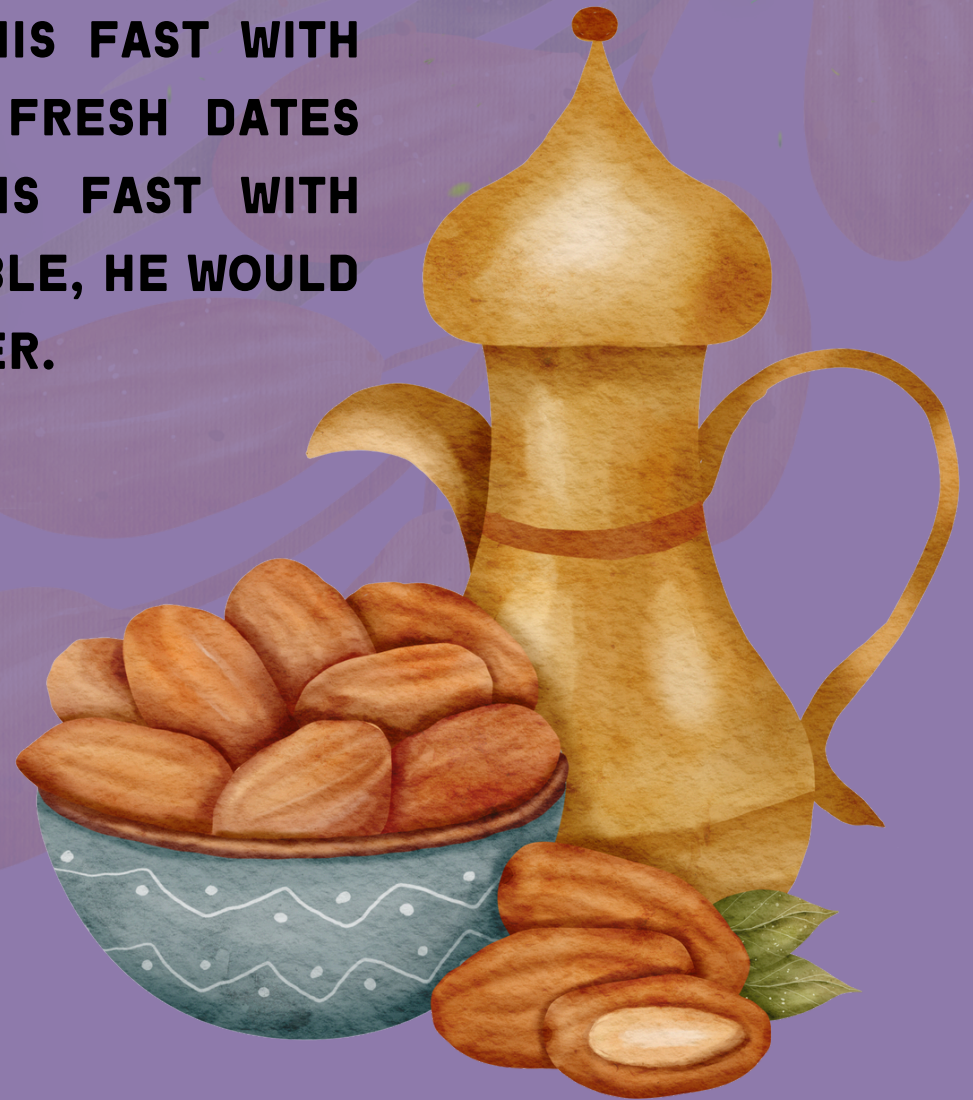
RIGHTEOUS
SEEDS

**LET'S HAVE A
LOOK INTO
SOME OF THE
FOODS WHICH
OUR PROPHET
ATE!**



ABU DAWOOD (2356) AND AT-TIRMIDHI (696) NARRATED THAT ANAS (MAY ALLAH BE PLEASED WITH HIM) SAID: THE MESSENGER OF ALLAH (BLESSINGS AND PEACE OF ALLAH BE UPON HIM) USED TO BREAK HIS FAST WITH FRESH DATES BEFORE PRAYING. IF NO FRESH DATES WERE AVAILABLE, HE WOULD BREAK HIS FAST WITH DRIED DATES, AND IF NONE WERE AVAILABLE, HE WOULD BREAK HIS FAST WITH A FEW SIPS OF WATER.

تمر DATES



SUNAN IBN MAJAH 3319

IT WAS NARRATED FROM 'UMAR THAT
THE MESSENGER OF ALLAH (ﷺ) SAID:
'SEASON (YOUR FOOD) WITH OLIVE OIL
AND ANOINT YOURSELVES WITH IT,
FOR IT COMES FROM A BLESSED
TREE."

زَيْتُون

OLIVE



Sunan Abi Dawud 3836

Narrated Aisha, Ummul Mu'minin:

The Messenger of Allah (ﷺ) used to eat melon with fresh dates, and he used to say: The heat of the one is broken by the coolness of the other, and the coolness of the one by the heat of the other.



بَطِيخ

WATERMELON

كَيْبِ



MILK

NARRATED ANAS BIN MALIK:

I SAW ALLAH'S MESSENGER (ﷺ) DRINKING MILK. HE CAME TO MY HOUSE AND I MILKED A SHEEP AND THEN MIXED THE MILK WITH WATER FROM THE WELL FOR ALLAH'S MESSENGER (ﷺ). HE TOOK THE BOWL AND DRANK WHILE ON HIS LEFT THERE WAS SITTING ABU BAKR, AND ON HIS RIGHT THERE WAS A BEDOUIN. HE THEN GAVE THE REMAINING MILK TO THE BEDOUIN AND SAID, "THE RIGHT! THE RIGHT (FIRST)."

SAHIH AL BUKHARI 5612

MILK

AISHA(MAY ALLAH BE PLEASED WITH HER)
REPORTED: THE PROPHET, PEACE AND
BLESSINGS BE UPON HIM, SAID, “THE BEST
OF CONDIMENTS OR TOPPINGS IS VINEGAR.”

SAHIH MUSLIM 2051



Narrated `Aisha:

The Prophet (ﷺ) used to
like sweet edible things
(syrup, etc.) and honey.

Sahih Al Bukhari 5614



عَسَل
HONEY



SUNAN IBN MAJAH 3353

IT WAS NARRATED THAT 'AISHAH SAID:

“THE MESSENGER OF ALLAH (ﷺ) ENTERED THE HOUSE AND SAW A
PIECE OF BREAD THAT HAD BEEN THROWN (ON THE FLOOR). HE
PICKED IT UP, WIPED IT AND ATE IT, AND SAID: ‘O ‘AISHAH, SHOW
HONOR TO THE PRECIOUS (I.E., FOOD), FOR IS THE BLESSING OF FOOD
DEPARTS FROM PEOPLE, IT NEVER COMES BACK.’”

خبز

BREAD



SAHIH AL-BUKHARI 5417

NARRATED `AISHA:

(THE WIFE OF THE PROPHET) THAT WHENEVER ONE OF HER RELATIVES DIED, THE WOMEN ASSEMBLED AND THEN DISPERSED (RETURNED TO THEIR HOUSES) EXCEPT HER RELATIVES AND CLOSE FRIENDS. SHE WOULD ORDER THAT A POT OF TALBINA BE COOKED. THEN THARID (A DISH PREPARED FROM MEAT AND BREAD) WOULD BE PREPARED AND THE TALBINA WOULD BE POURED ON IT. `AISHA WOULD SAY (TO THE WOMEN),"EAT OF IT, FOR I HEARD ALLAH'S MESSENGER (ﷺ) SAYING, 'THE TALBINA SOOTHES THE HEART OF THE PATIENT AND RELIEVES HIM FROM SOME OF HIS SADNESS.' "

شعير

BARLEY



Talbina (a kind of dish prepared from flour or bran)

دُبَّاءُ PUMPKIN

ANAS B. MALIK REPORTED THAT A PERSON INVITED TO A MEAL. I ALSO (ﷺ) ALLAH'S MESSENGER WENT ALONG WITH HIM. HE BROUGHT SOUP (ﷺ) CONTAINING PUMPKIN. ALLAH'S 'MESSENGER :ATE THAT PUMPKIN WITH RELISH. HE (ANAS) SAID

WHEN I SAW THAT I BEGAN TO PLACE IT BEFORE HIM, AND DID NOT EAT IT (MYSELF). ANAS SAID: IT WAS SINCE THEN THAT PUMPKIN WAS ALWAYS MY FAVOURITE (FOOD). (SAHIH MUSLIM)





CUCUMBER

**NARRATED `ABDULLAH BIN
JA `FAR:**

**I SAW THE PROPHET (ﷺ)
EATING FRESH DATES WITH
SNAKE CUCUMBERS.**

SAHIH AL BUKHARI 5447

خيار



RIGHTEOUS
SEEDS