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Eating The Prophetic Way

Redefining Our Relationship
With Food (Revision)

with Ustazah Farhana Munshi
4th May '25



**Food affects everything
about us - our deeds, our
sleep patterns, our moods,
our personalities etc.**

The Sunday Session

Eating the Prophetic Way: Redefining Our Relationship With Food

Everything goes back
to food.

We are **so far** from
the Prophetic way
of eating.

**Our Nafs is so strong
when it comes to food,
and we keep tantalising
our Nafs.**

Remember:

**'Halal' doesn't always
mean an open door to
just eat everything and
anything!**

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If we try to implement the Sunnah
correctly, we will find..

**amazing
changes**

in our lives.

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There's a lot of things for us to

**redefine
and remove**

from our heads.

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It's time for us to look at the way of

the Prophet ﷺ

and not at the way of

science & society.

A1-Miqdaam ibn Maadiy-Karib said:

**I heard the Holy Prophet ﷺ saying:
“No human ever filled a vessel
worse than the stomach. Sufficient
for any son of Adam are some
morsels to keep his back straight...”**

But if it must be, then..

**one third for his food,
one third for his drink and
one third for his breath”**

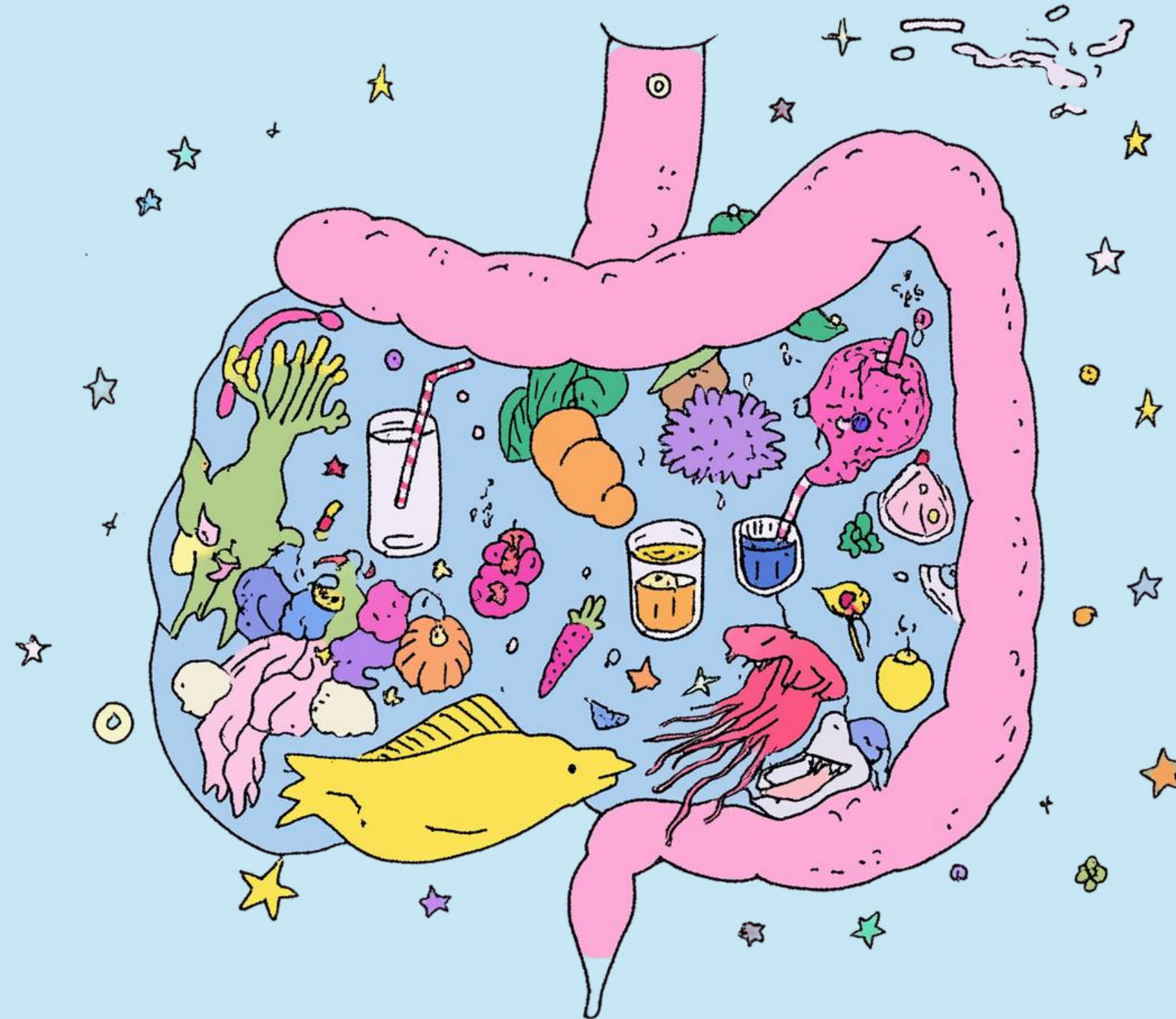
[Ahmad, At-Tirmidhi, An-Nasaa'I, Ibn Majah].

How do you portion
your meal? Do you
leave room for ⅓ of
your breath?

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Our stomach is
as big as our fist
but we fill it with
**food as high as
the mountain!**
Subhana Allah.

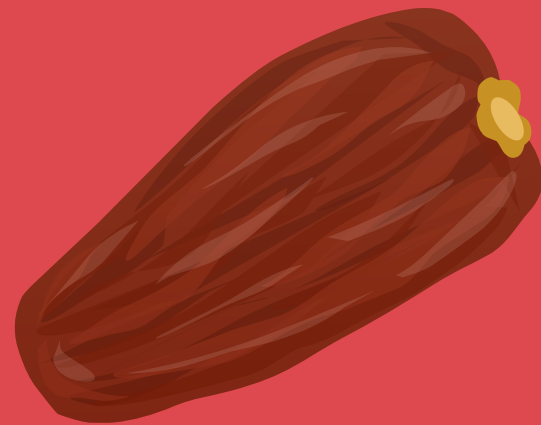


aaplus

“...Sufficient for any son of Adam are **some morsels** to keep his back straight...”

What is the size of one morsel?

one



one
morsel

Fasting or eating well is good for our
body, mind, and soul.

**But our Nafs will then
tell us that we have a
boring lifestyle.**

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The problem with us today is,
we see food as

Entertainment

as opposed to

Nourishment

**We have become
the slaves of our
stomach.**

It's not that we cannot enjoy the food,
but we are seeking for food to be happy.

As societies and as Ummah;

**We are so far from
the Prophetic way
of eating.**

It was narrated that ‘Aishah said:

We, the family of Muhammad ﷺ, would stay for a month during which no fire would be lit (for cooking) and we had only dates and water.”

[Ahmad, At-Tirmidhi, An-Nasaa’I, Ibn Majah].

**There was no variety in
their food - they used
to eat the same food.**

Let's do this challenge if you want to try **taming your Nafs.**

- 1 Eat only dates and water for one day.**
- 2 Then slowly increase the day to three days, then a week.**
- 3 Note what happened to your Nafs**

When it comes to food, for most of us, **our Nafs are not in our control** except for the Haram food.

Eating is
not supposed to be
the highlight of
our day.

We no
longer
eat to live;
we live to
eat. 🥲

**If we want to go back to
the way of the Prophet ﷺ,
what should we do?”**

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#1 : Minimise how much we eat

**If we want to go back to
the way of the Prophet ﷺ,
what should we do?”**

#1 : Minimise how much we eat

#2: Control the types of food we eat

**Imagine how much time we
could save daily if we don't
spend it on preparing our
food and eating.**

If they
slaughtered
an animal,
they would
have to eat the
entire animal.



In our Industrial Age,
we only have to buy
the parts that we
want.

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Do you know?

**Eating less meat
will bring good
changes to our
lives.**

**If you want
to be more
calm and cool,
eat less meat!** 😎

We live in an age of
abundance,
where things are readily
available at the tip of our
fingers. We don't think about
what we eat deeply; like how
the food arrived on our table.

People had to work hard to bring food
to their tables in the past.

**Now, we order our food on
our phones, and perhaps
this is the reason why we
don't appreciate our food.**

:(

Snacking was non-existent in the life of Rasulullah ﷺ.

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Remember:

**"Human beings
are not created
to graze"**

Shaykh Hamza Yusuf

**Eating once a day
was the way of the
Prophets.**

Eating twice a day
is the way of the
normal people.

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**Eating thrice a day
is the way of
animals.**

Eating thrice a day
is the way of
animals.

Which category
of eaters do you
belong to?

**There are no
medical research
that supports eating
three times a day.**

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**It's done by
marketing advertisers
who sell food.**

**“An apple a
day keeps the
doctor away”?**

All these are by marketing advertisers,
NOT doctors.

**“Eat breakfast
like a king”?**

All these are by marketing advertisers,
NOT doctors.

**If Rasulullah ﷺ ate during
the first half of the day,
he ﷺ would not eat during
the second half.**

And vice versa.

**If Rasulullah ﷺ ate during
the first half of the day,
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the second half.**

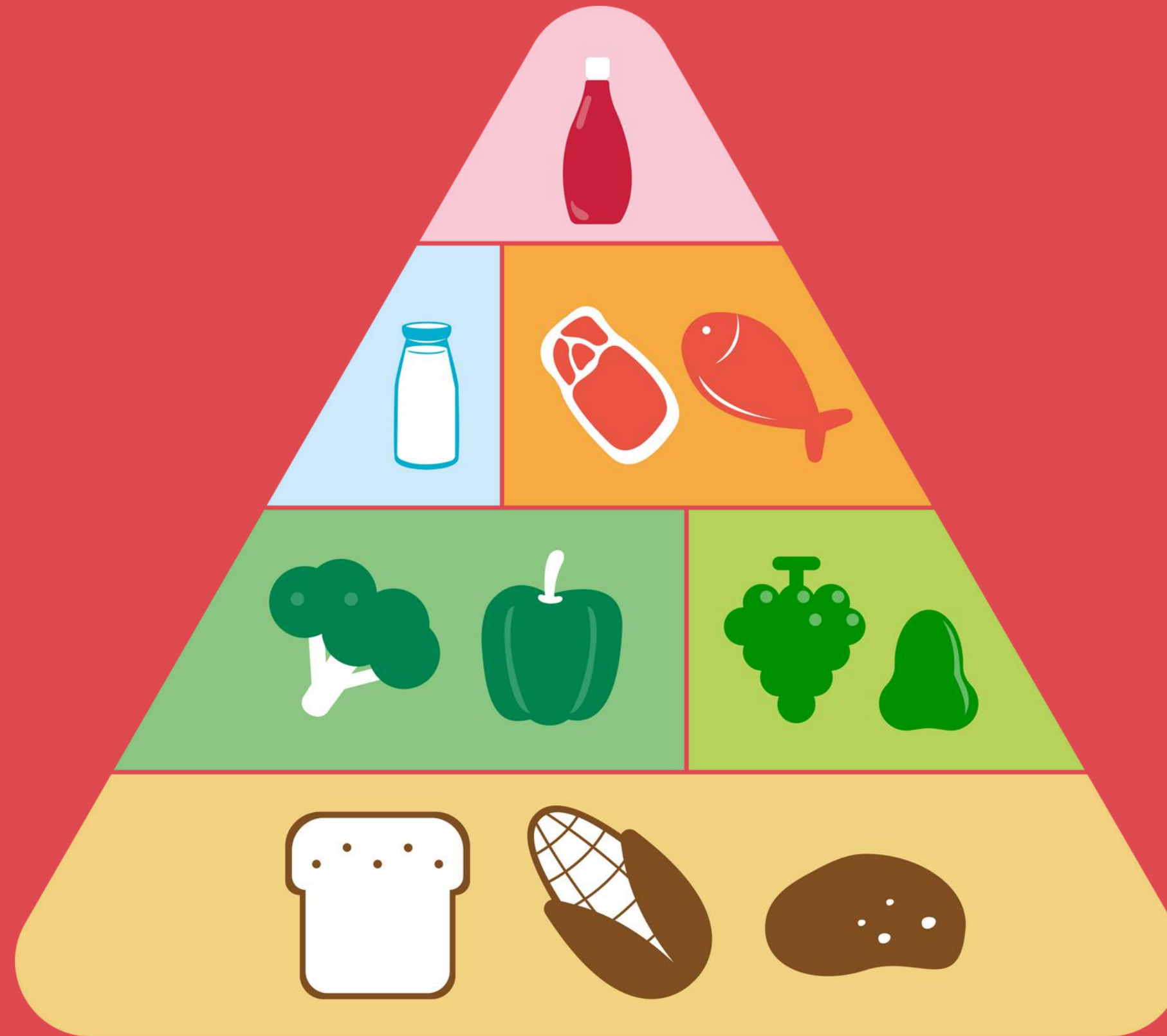
And vice versa.

Basically,
it's just one
meal a day.

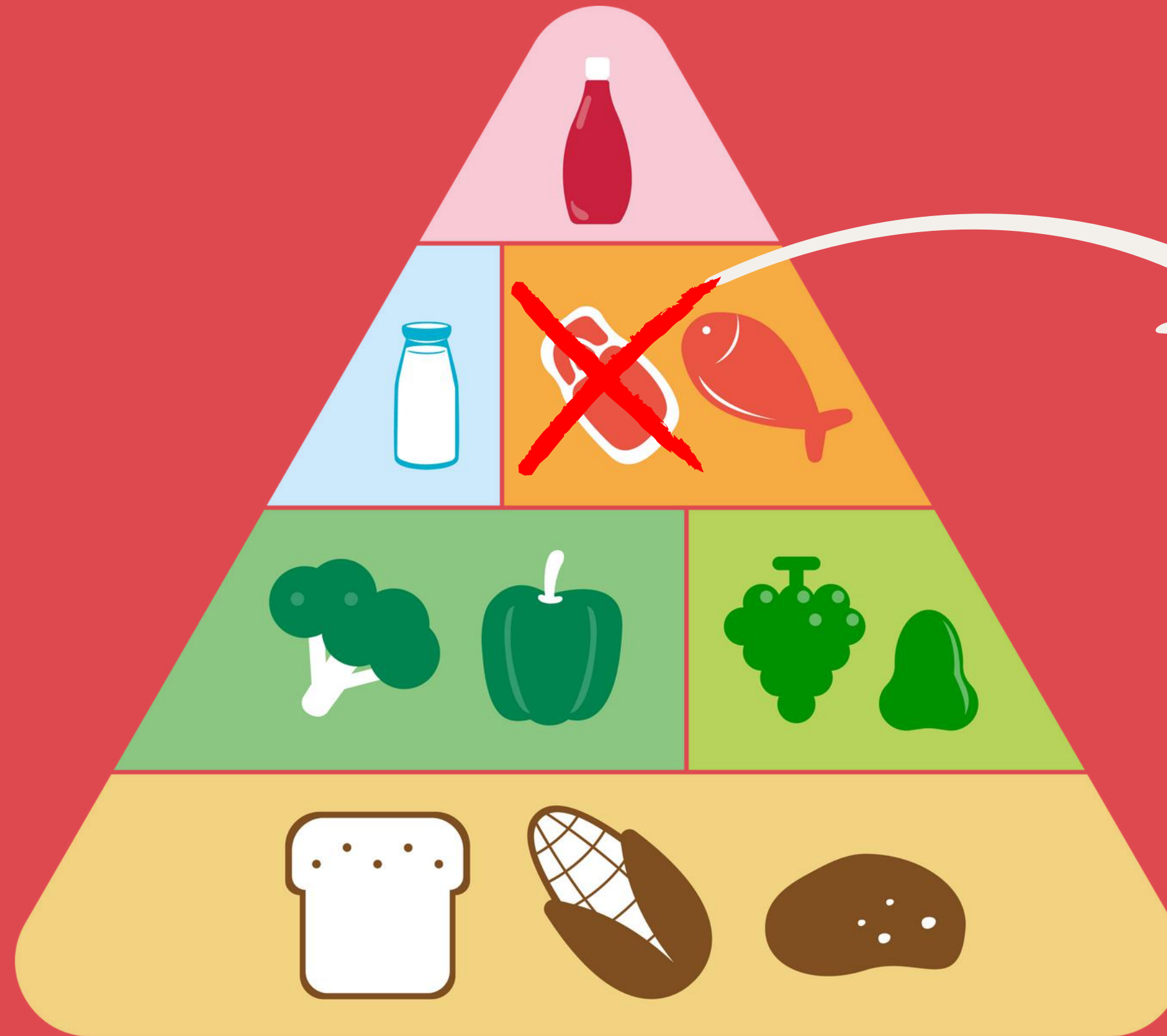
Food for thought:

**Can we abandon
anything that is
against our
principle?**

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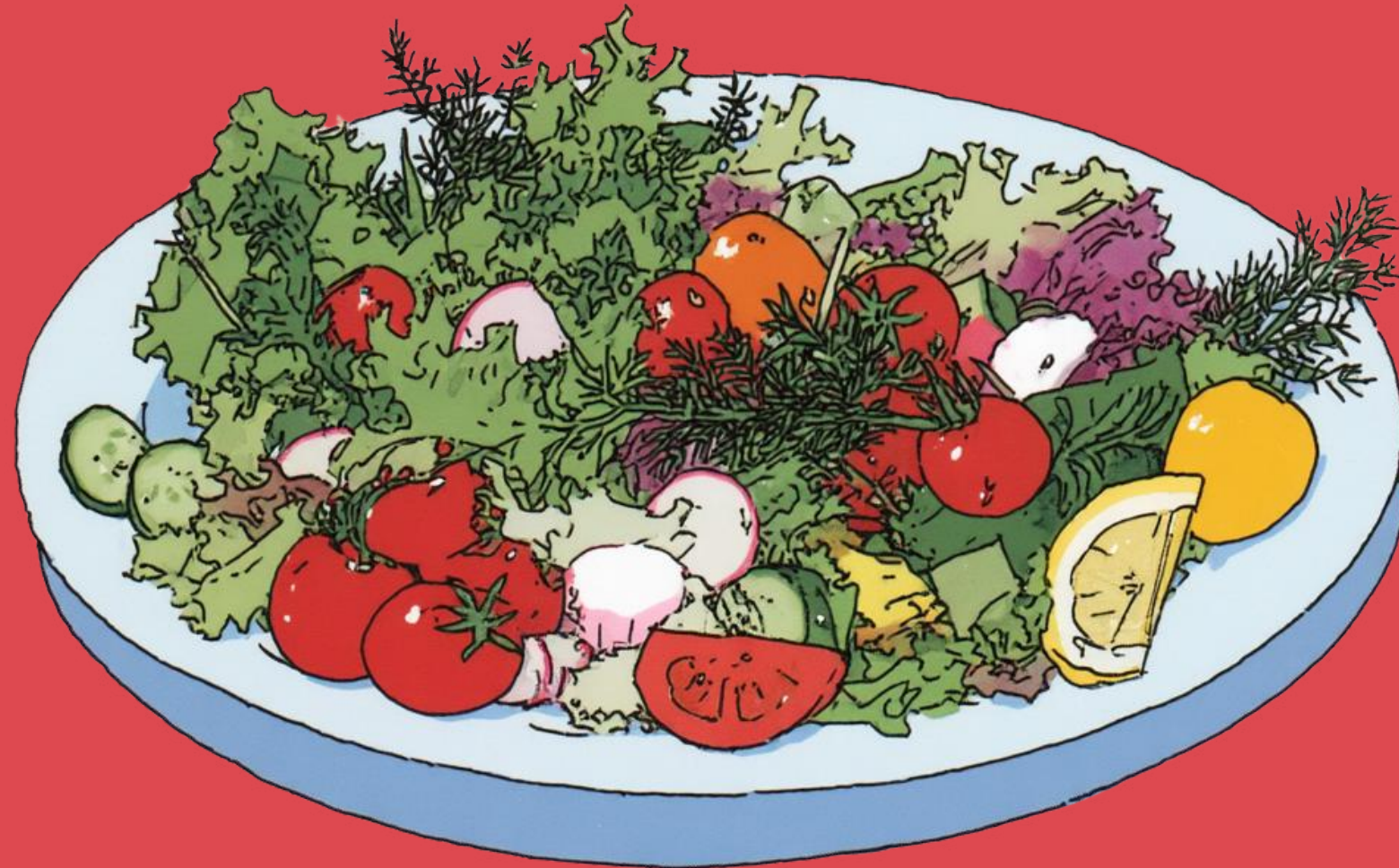


The meat industry
lobbied for meat to
be included in the
food pyramid!

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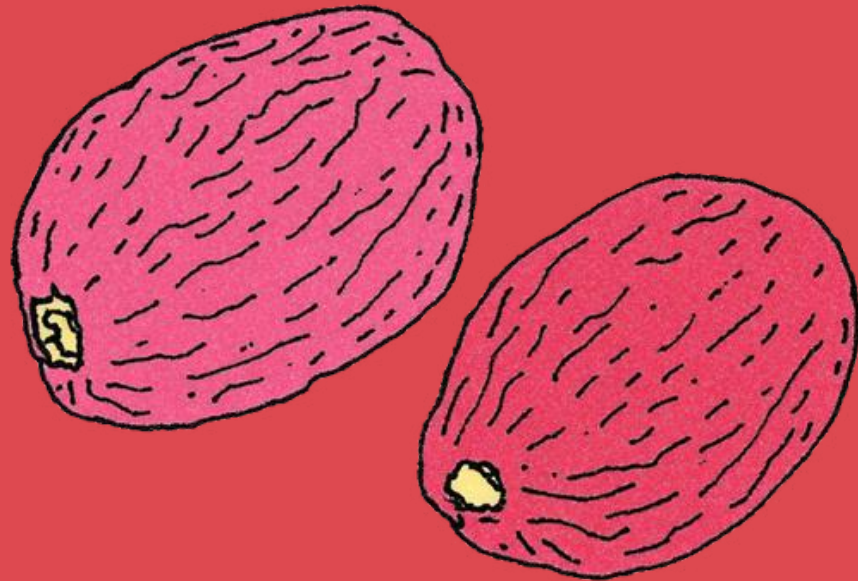
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What a plate without meat
may look like!



Compare our plate with the Prophet ﷺ's!

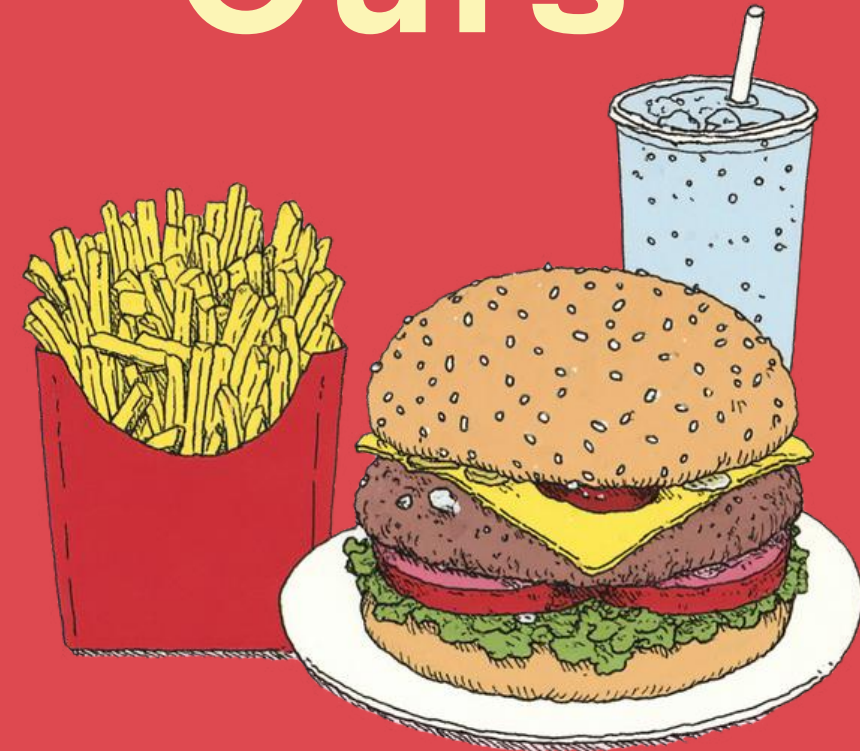
The Prophet ﷺ's



One type of food
(no plate!)

vs

Ours



Our “colourful”
variety of food

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Ustazah's experience on
water fasting and its benefits...

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**Most of us,
we are far from
starving ourselves.**

**Our body is equipped in
a way that we would not
get weak or lethargic
without food.**

In fact, we would get stronger and more alert!

Worthy reminder:

“Those who eat a lot, drink a lot. Those who drink a lot, sleep a lot. And those who sleep a lot, lose a lot.”

**The energy level
of those who eat clean,
and eat well is way better
than those who don't.**

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Study Break



Only one bag
of **dates** was
given to feed
the entire
army of
Islam!



**The problem is
so deeply rooted
in us.**

It is either from our Nafs or from
beliefs that deeply ingrained in our society.

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“Not even water?”

Do you know?

**It is not from the
sunnah of Rasulullah ﷺ
to drink while eating.**

He ﷺ used to drink water one hour after his meal.

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**That was the real
control over the Nafs.**

**A lot of what we
understand about our
nutrition comes from...**

you guess it,

ADVERTISING!

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**We need to correct our
understanding and accept that..**

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#1 : We don't need a variety of food groups

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#1 : We don't need a variety of food groups

#2 : We don't need to have 3 meals a day

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#2 : We don't need to have 3 meals a day

#3 : We should not be snacking

We need to correct our understanding and accept that..

#1 : We don't need a variety of food groups

#2 : We don't need to have 3 meals a day

#3 : We should not be snacking

#4 : Water should not be consumed with food

We need to correct our understanding and accept that..

#1 : We don't need a variety of food groups

#2 : We don't need to have 3 meals a day

#3 : We should not be snacking

#4 : Water should not be consumed with food

#5 : Meat should be eaten occasionally, not regularly

Reflect:

**Was there an
advertisement that
impacted the way
you eat today?**

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Where do we even begin in incorporating the Sunnah of Rasulullah ﷺ?



Fasting

Implementing the habit of fasting is the easiest approach as we would completely abstain from eating and drinking for several hours a day.

2

Skipping lunch

Our meals would be in the morning and early evening (about an hour before Maghrib if we are not fasting).

3

Mindful eating

We should observe what we eat. Reduce meat days and implement vegetarian/fruit days by sourcing fresh fruits and vegetables and consume foods that are natural and uncooked in their original state just as how Allah SWT has created for us.

4

No Snacking

Start by allocating a specific time and amount that we are allowed to snack and replace snacks with foods that are healthier. Try not to stock snack in our homes.

5

Cut sugary drinks

The only sweetened drink that Rasulullah ﷺ took was honey water, essentially just honey mixed with water. He ﷺ would often have milk and water soaked with dates too.

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Be like the Prophet ﷺ.

**Consumes only
natural sugars.**

(like honey and dates)

**We live in a society
that has variety of
sugary drinks.**

**Sugar is an
addictive drug,
and it is a difficult
addiction to break.**



**If you have reached the
stage of addiction,
come back.**

There are so many ways for you to come back.

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Prayers

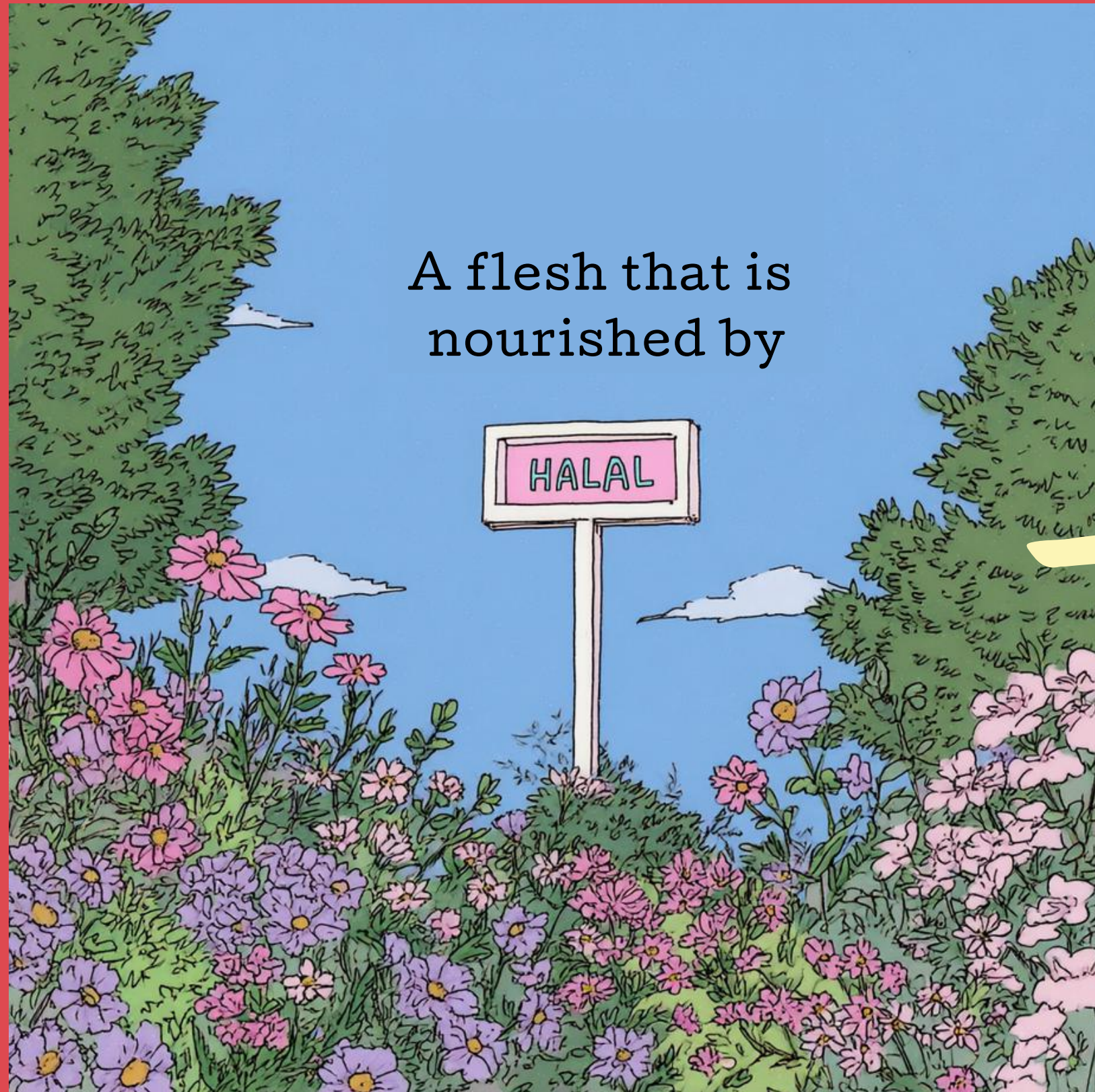
Tahajjud

**The way we eat
affects everything!**

Akhlaq

Quran

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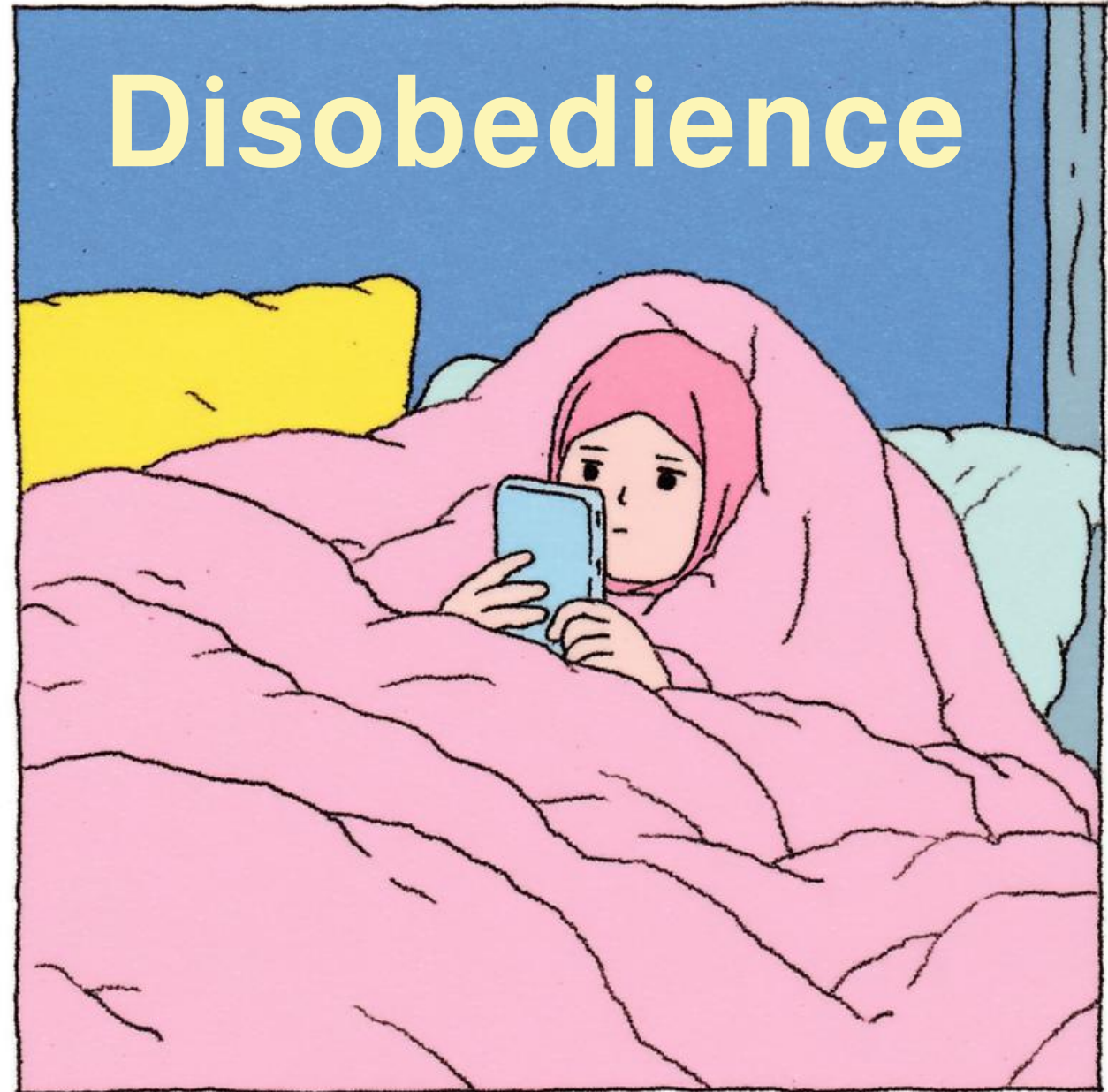


A flesh that is
nourished by



will lead to

Disobedience



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Today, no one can truly
claim their foods to be

Toyiyib.

**What Allah SWT has
created in its original
form is fully nutritious.**

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**The best way
to slowly change
now is to fast.**



Find your support system.

Doing this alone can be hard.

Pause and plan:

What unhealthy eating habits are you going to start dropping first?

Is it snacking? Is it drinking while eating? Is it overeating?

**Our body is
an Amanah from
Allah SWT.**

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Our body was not created to consume

**so much,
so often.**

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**Our body
has a right
over us.**

We need to take cautious
steps to reduce the stress on
our body as much as we can.

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How to safeguard our body's right?



Reduce
our
sugars

How to safeguard our body's right?



Reduce
our
sugars



Train and
teach our
kids

How to safeguard our body's right?

Reduce
our
sugars

Remove foods
that we don't
need in our
house

Train and
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How to safeguard our body's right?

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Train ourselves
and our kids to
drink water

How to safeguard our body's right?

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Remove foods
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Reduce
our
meat

Train and
teach our
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Train ourselves
and our kids to
drink water

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**We need to
stop our obsession
with food.**

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**Our stomach is
the pot of illnesses.**

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4th May '25 | 9pm SG / 2pm UK

aaplus

