



THE IBADAH MENU

STARTERS

MAIN COURSE

DESSERTS

This menu was put together as a personal tool for making the most of Ramadhaan on the days when time is short and energy is low. Everything included is based on authenticated hadith to the best of my knowledge. I am not a scholar — please verify anything you are unsure of with someone more learned. Take what resonates and leave what doesn't.

STARTERS

Quick acts of dhikr & recitation | Under 3 minutes each

1

Ayatul Kursi — after every fard salah

~30 seconds

"Whoever recites Ayatul Kursi after every obligatory prayer, nothing prevents him from entering Jannah except death." (Al-Nasai, Ibn Hibban — authenticated by Al-Albani)

2

Surah Al-Ikhlās x10

~1 minute

"Whoever recites Qul Huwallahu Ahad ten times, Allah will build for him a palace in Jannah." (Ahmad — authenticated by Al-Albani). Also equals one third of the Quran in reward (Bukhari).

3

SubhanAllahi wa bihamdihi x100

~2 minutes

"Whoever says SubhanAllahi wa bihamdihi one hundred times, his sins will be forgiven even if they are like the foam of the sea." (Bukhari & Muslim)

4

La ilaha illallah wahdahu x100

~2 minutes

"Whoever says this 100 times will have a reward equal to freeing ten slaves, 100 good deeds written, 100 sins erased, and protection from Shaytan for that day." (Bukhari & Muslim)

5

Surah Al-Hashr — last 3 verses (morning)

~2 minutes

"Whoever recites the last three verses of Surah Al-Hashr in the morning, Allah will appoint 70,000 angels to pray for him until evening. If he dies that day, he dies a shahid." (Tirmidhi — graded hasan by Al-Albani)

6

Salawat x100 — Allahumma salli ala Muhammad

~2 minutes

"Whoever sends one blessing upon me, Allah sends ten upon him." (Muslim). The Prophet (SAW) also told a companion who dedicated his Dhikr time to Salawat: "Your worries will be taken care of and your sins forgiven." (Tirmidhi — hasan)

7

SubhanAllahi wa bihamdihi — adada khalqihī x3

~30 seconds

The Prophet (SAW) told Aisha (RA) these three phrases outweigh all other tasbeeh in reward. Meaning: "Glory be to Allah, as numerous as His creation, as much as pleases Him, as much as the weight of His throne, and as much as the ink of His words." (Muslim)

8

Istighfar x100 — Astaghfirullah

~2 minutes

"Whoever makes istighfar consistently, Allah will make for him a way out of every difficulty, a relief from every worry, and will provide for him from where he does not expect." (Abu Dawud — authenticated)

MAIN COURSE

Surahs & extra salaah | 8-20minutes

1

Surah Al-Mulk

~5 minutes

"There is a surah of thirty verses that will intercede for its companion until he is forgiven — Tabarakal-ladhi biyadihil mulk." (Abu Dawud, Tirmidhi — graded hasan). Read every night before sleeping.

2

Surah Al-Waqiah

~7 minutes

Ibn Masud (RA) narrated: "Whoever recites Surah Al-Waqiah every night will never be afflicted by poverty." (Ibn Hibban, Bayhaqi). Widely regarded as the Surah of Rizq.

3

Surah Al-Baqarah - read in portions across the month

~8-10 minutes per sitting

The Prophet ﷺ said Shaytan flees the house in which it is recited (Muslim), and Ibn Qayyim considered consistent recitation of it one of the most fortress-like acts a Muslim can do. Two to three pages per sitting across the day across the month means you complete it in Ramadhaan, which carries its own immense weight.

4

Salatul Awwabin — 6 rakahs after Maghrib

~10-15 minutes

"Whoever prays six rakahs after Maghrib without speaking any evil between them, it will be counted as the equivalent of twelve years of worship." (Tirmidhi)

5

Sunnah al-Fajr — 2 rakahs before Fajr

~5 minutes

"The two rakahs of Fajr are better than the world and everything in it." (Muslim). Among the highest-ranked nawafil in the entire Sunnah.

6

Salatul Duha — minimum 2 rakahs

~8-10 minutes

"Whoever prays twelve rakahs of Duha, Allah will build for him a palace of gold in Jannah." (Tirmidhi, Ibn Majah). Even two rakahs carries significant reward. Prayed after sunrise until before Dhuhur.

7

Surah Yaseen

~15 minutes

Called the heart of the Quran. The Prophet (SAW) said: "Everything has a heart, and the heart of the Quran is Yaseen." (Tirmidhi). Widely recommended by classical scholars for consistency of recitation.

8

Tahajjud — minimum 2 rakahs in last third of night

~10 minutes

Allah descends to the lowest heaven in the last third of the night and asks: "Who is calling upon Me that I may answer? Who is asking of Me that I may give?" (Bukhari & Muslim). Even two rakahs in Ramadhaan in the last third of the night is among the most powerful acts possible.

DESSERTS

End the day with something sweet / Under 5 minutes

1

Allahumma innaka afuwwun tuhibbul afwa fa'fu anni x multiple

~1-2 minutes

The Prophet (SAW) specifically taught Aisha (RA) this dua for Laylatul Qadr when she asked what to say. (Tirmidhi — sahih). Repeat excessively in the last ten nights, especially odd nights.

2

La hawla wa la quwwata illa billah x33

~1 minute

"It is a treasure from the treasures of Jannah." (Bukhari & Muslim). Ibn Uthaymeen explained it is a declaration that all power belongs to Allah — stripping anxiety about outcomes by surrendering them to the One who holds them.

3

Hasbiyallahu la ilaha illa huwa alayhi tawakkaltu x7 morning & evening

~1 minute

"Whoever says this seven times morning and evening, Allah will suffice him in whatever concerns him of the affairs of this world and the next." (Ibn As-Sunni, Abu Dawud)

4

Allahumma salli ala Muhammadin wa ala ali Muhammadin x33

~1 minute

"Whoever sends one blessing upon me, Allah sends ten upon him." (Muslim). Said consistently before sleeping, this closes the day with direct divine mercy directed toward you.

5

Subhan Allah x33, Alhamdulillah x33, Allahu Akbar x34 — before sleep

~2 minutes

Fatimah (RA) was taught this by the Prophet (SAW) when she asked for a servant to ease her workload. He said this is better for you than what you have asked for. (Bukhari & Muslim). Said to grant ease and strength.

6

Surah Al-Mulk — before sleep

~5 minutes

"Whoever recites it every night, it will intercede for him and protect him from the punishment of the grave." (Abu Dawud, Tirmidhi — hasan). Five minutes before sleep, every night.

7

Sadaqah — even R5 or R10

~1 minute

"Sadaqah extinguishes sin as water extinguishes fire." (Tirmidhi — sahih). Ibn Abbas narrated the Prophet (SAW) was most generous in Ramadhan. Every act of sadaqah in this month is compounded seventy times. Even the smallest amount given consistently carries extraordinary weight.

8

Astaghfirullah x100 before sleeping

~2 minutes

The Prophet (SAW) sought forgiveness 70-100 times daily despite having no sin to atone for. Consistent istighfar before sleep covers sins of the day, opens doors of rizq, and relieves worry. (Abu Dawud — authenticated)