

151112 - Eating Twice a Day is Extravagance: Unauthentic Hadith

the question

Aishah (may Allah be pleased with her) said: The Messenger of Allah (peace and blessings of Allah be upon him) saw that I had eaten twice in one day and he said: "O 'Aishah, do you want to have nothing to worry about except your stomach? Eating twice a day is extravagance and Allah does not love those who are extravagant."

Detailed answer

This hadith was narrated by al-Bayhaqi in Shu'ab al-Eeman (7/441). He said: Abu 'Abd al-Rahman al-Sulami told us: Muhammad ibn Ahmad ibn Hamdan narrated to us: Ahmad ibn Muhammad ibn 'Ubaydah narrated to us: Yahya ibn 'Uthman al-Masri narrated to us: my father narrated to me: from Ibn Luhay'ah, from Abu'l-Aswad, from 'Urwah, from 'Aishah (may Allah be pleased with her) – and he quoted it. This isnad (chain of narrators) is da'eef (weak).

Abu 'Abd al-Rahman al-Sulami's name was Muhammad ibn al-Husayn, the author of the book *Tabaqat al-Soofiyyah* (d. 412 AH). Al-Hafiz al-Thahabi said concerning him: They criticized him and he is not reliable. See *Mizan al-I'tidal*, 3/532.

'Abd-Allah ibn Luhay'ah is da'eef (weak) in terms of his memory too.

Hence Imam al-Bayhaqi said, after narrating this report: There is some weakness in it. End quote.

Al-Munthiri (may Allah have mercy on him) said: Its isnad includes Ibn Lunhay'ah. End quote.

Al-Targheeb wa'l-Tarheeb, 3/101

Al-Shaykh al-Albani (may Allah have mercy on hm) said: It is mawdoo' (fabricated). End quote.

Al-Silsilah al-Da'eefah, 257.

We have previously quoted a number of saheeh hadiths (authentic narrations) which condemn extravagance in food. You can see them in the answer to question no. [102374](#). There is nothing in them to suggest that eating twice in one day is criticized.

To sum up: eating twice in one day is something that is permissible and allowed. It is one of the well-known customs of the Arabs. They used to eat two meals in a day, al-ghada' and al-'asha' (morning and afternoon/evening meals). If a person did not do this, it was only because he was poor; it was not because eating twice in one day is a kind of extravagance.

It was narrated that 'Aishah (may Allah be pleased with her) said: "The family of Muhammad (peace and blessings of Allah be upon him) did not eat two meals in one day but one of them was dates.

Narrated by al-Bukhari, 6455.

Al-Hafiz Ibn Hajar (may Allah have mercy on him) said:

This indicates that sometimes they could not find anything but one meal in a day, and if they did find two meals, one of them would be dates. End quote.

Fath al-Bari (11/292)

And Allah knows best.