SE'UDA SHLISHIT: WHAT TO EAT

What To Eat for Se'uda Shlishit

Ideally, fulfill the commandment of a third meal (se'uda shlishit) by:

- Washing hands,
- Saying the ha'motzi blessing over two challot, and
- Eating at least the minimum amount (1.9 fl. oz., or 56 ml) of bread.

You may, however, fulfill the requirements of <u>se'uda shlishit</u> by eating any solid food which gives nourishment—as long as you can say the after-blessing and have eaten at least 1.9 fl. oz. (56 ml) of that food.

NOTE If you are some food after completing your <u>Shabbat</u> day meal (the second meal of <u>Shabbat</u>) and after halachic midday, you can consider that to be your <u>se'uda shlishit</u>, even if you did not intend it to be when you ate it.

© Copyright 2025 Richard B. Aiken | www.practicalhalacha.com