Birkat HaMazon: If You Planned To Eat Minimum Amount of Bread and Did Not

If you planned to, but did not, eat a full meal:

- Do not say *al ha'michya* if you did not eat at least 1.3 fl. oz. (39 ml, or 1/6 cup) of foods baked from the *Five Grains* within four minutes--even if you had washed your hands and said *ha'motzi*.
- Do say the appropriate *bracha achrona* for any other foods of which you ate the minimum (1.3 fl. oz.--39 ml, or 1/6 cup) quantity within four minutes, even though you did not say an individual *bracha rishona* (since you were planning to

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