Grace after meals -
Reciting Birkat Hamazon

When you have eaten and are satisfied, you shall bless the LORD your God for the good land which He has given you. Deut. 8:10

Jews normally do not say “grace” before meals (as do many Christians), but rather after they have eaten. They do not “bless” the food, either, but rather acknowledge that God is the One who provides for their sustenance.

The dinner table is an altar before the LORD where we partake of other sacrificed life forms so that we ourselves might live. Therefore, after we eat our meals we offer our thanks to God for His provision and care.

The full grace said after meals, called Birkat Hamazon, is a rather long prayer that involves several blessings (see a good Siddur for the entire recitation). An alternative, shorter version is provided here (it is actually the first part of the entire blessing):

Blessed are you, LORD our God, master of the universe, Who nourishes the whole world in goodness, with grace, kindness, and compassion. He gives bread to all flesh, for His mercy endures forever. And through His great goodness we have never lacked, nor will we lack food forever, for the sake of His great Name. For He is God, who nourishes and sustains all, and does good to all, and prepares food for all His creatures which He created. Blessed are You, LORD, who nourishes all. Amen.
Transliterated:

ברוך אתה יהוה אלוהינו מלך העולם
ha’olam melek eloheynu Adoni ’at-tah banukh
the universe king (of) our God Lord are you Blessed

ניה אש נשלת בכל בראש, באת בPhones וברחמי
uv-ra-cha-mum be-che-sed be-chen be-tu-vo kul-lo ha-olam et hazzan
with grace, kindness, and compassion in goodness who nourishes the whole world

והנה נוחת כלם לכל אبصر, כי נשלות חסד
chas-do le-o-lam ki le-khol-ba-sar le-chem no-tein hu
His mercy endures forever for to all flesh bread gives He

ובשבר המוהלים טמיין לא חסר לוה
la-nu cha-seir lo ta-mid hag-ga-dol uv-tu-vo
we have never lacked And through His great goodness

ואל י愎ר לכל חומת נשלות רעה,
va-ed le-o-lam ma-zon lanu yech-sar ve-al
forever and we will not lack food

ובשבר חיות המורדים, כי הוה אל נוף פעמים לולא,
la-kol um-far-neis zan el hu ki hag-ga-dol sh-mo ba-e-vur
who nourishes and sustains all God He is for His great Name for the sake

ומושיע לכל, וממך חומת לכל בריתנו אלהים,
ba-ra a-sher le-khol b’ri-yo-tav ma-zon u-mei-khin la-kol u-mei-tiv
He created which for all His creatures and prepares food and does good to all

ברוך אתה יהוה קמך אתה ממלך אמן
a-mein hak-kol et hazzan Adoni ’at-tah berukh
Amen who nourishes all LORD are you Blessed

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Barukh attah Adonai Eloheynu melekh ha’olam
hazzan et ha’olam kullo betuvo, bechen bechesed uvrachamim.
Hu notein lechem lekhol basar, ki le’olam chasdo.
Uvtuvo haggadol tamid lo chaseid lanu
ve’al yechsar lanu mazon le’olam va’ed,
ba’avur shemo haggadol. Ki hu El zan umfarneis lakhol,
umeitiv lakoel umeikhin mazon lekhol b’riyotav, asher bara.
Barukh attah hazan et hakkol. Amen.