

LIST OF IDIOMS WITH THE VERB EAT

idiom	meaning	example
dog eat dog world	ruthless unethical behaviour used to become successful in the working world	Being a banker is a dog eat dog world. I'm thinking of quitting for the simple life.
eat for two	be pregnant so you can eat more food	I need to go on a diet, I'm not eating for two anymore.
eat humble pie	admit you are wrong after being humiliated	If the CCTV proves Ethan is innocent, we'll have to eat humble pie.
eat like a horse	eat a lot	I need to increase my son's rent. He eats like a horse.
eat one's hat	express certainty that something will or won't happen	I know Adam cheated on the test. I'll eat my hat if he didn't.
eat one's words	accept that something you said was wrong	My parents said I'm a failure. They'll be eating their words when I get accepted into Oxford.
eat out of the palm of one's hand	dominate/have control over someone	The new teacher is great, she had the whole class eating out of the palm of her hand.
eat someone alive	defeat/overwhelm	I know his alibi is false. The lawyers are going to eat him alive.
eat someone for breakfast	easily defeat someone	Travis is playing Rutherford in the final. Travis will eat him for breakfast.
eat someone out of house and home	eat a lot of someone else's food	eat someone out of house and home
eat your heart out	better than the original (usually a celebrity)	Look at my quiff! Elvis Presley eat your heart out.
grab a bite (to eat)	go out to eat (usually in a hurry)	I've got back to back meetings all day. Hopefully I can nip out and grab a bite.
have one's cake and eat it	enjoy two things that contradict each other	You can't have your cake and eat it. It's uni or travelling, not both.
the proof of the pudding is in the eating	something can only be judged once it has been used/tried/tested/experienced	The idea is great, but the proof of the pudding is in the eating.
you are what you eat	if you want to be healthy you must eat healthy food	I don't think you should have another takeaway this week, you are what you eat.

