

Need another word that means the same as “meat”? Find 29 synonyms and 30 related words for “meat” in this overview.

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The synonyms of “Meat” are: center, centre, core, essence, gist, heart, heart and soul, inwardness, kernel, marrow, nitty-gritty, nub, pith, substance, sum, flesh, muscle, nucleus, food, nourishment, sustenance, provisions, rations, fare, foodstuff, foodstuffs, nutriment, daily bread, feed

Meat as a Noun

Definitions of "Meat" as a noun

According to the [Oxford Dictionary of English](#), “meat” as a noun can have the following definitions:

- *The flesh of animals (including fishes and birds and snails) used as food.*
- *Food of any kind.*
- *A meal.*
- *The flesh of a person's body.*
- *The edible part of fruits, nuts, or eggs.*
- *The choicest or most essential or most vital part of some idea or experience.*
- *The inner and usually edible part of a seed or grain or nut or fruit stone.*
- *The chief part of something.*
- *The flesh of an animal, typically a mammal or bird, as food (the flesh of domestic fowls is sometimes distinguished as poultry).*



Synonyms of "Meat" as a noun (29 Words)

center

The person who plays center on the line of scrimmage and snaps the ball to the quarterback.

*They were raising money to build a new **center** for research.*

centre

The filling in a chocolate.

*A new **centre** party.*

core

The inner strand of an electric cable or rope.

*Nothing will strengthen your **core** like balancing a heavy barbell on your back or lifting one off the floor.*

daily bread

A newspaper that is published every day.

essence

The intrinsic nature or indispensable quality of something, especially something abstract, which determines its character.

*Locke's scepticism about our ability to penetrate to the real **essences** of things.*

<u>fare</u>	Something offered to the public, typically as a form of entertainment. <i>Traditional Scottish fare.</i>
feed	An actor who gives a feed to a fellow performer. <i>A paper feed.</i>
<u>flesh</u>	The flesh of an animal regarded as food. <i>The food an animal eats will affect the taste and texture of its flesh.</i>
food	Any substance that can be metabolized by an animal to give energy and build tissue. <i>Food and drink.</i>
foodstuff	(usually plural) consumer goods sold by a grocer. <i>Rationing of staple foodstuffs was introduced.</i>
foodstuffs	A substance that can be used or prepared for use as food.
<u>gist</u>	The choicest or most essential or most vital part of some idea or experience. <i>I decided to spend the night at his place catching up on all the gist from the wedding.</i>
heart	A card game similar to whist in which players attempt to avoid taking tricks containing a card of the suit of hearts. <i>Hardening his heart he ignored her entreaties.</i>
heart and soul	The hollow muscular organ located behind the sternum and between the lungs; its rhythmic contractions move the blood through the body.
inwardness	The choicest or most essential or most vital part of some idea or experience. <i>Inwardness is what an Englishman quite simply has painlessly as a birthright.</i>
kernel	The most basic level or core of an operating system, responsible for resource allocation, file management, and security. <i>Pine kernels.</i>
marrow	Very tender and very nutritious tissue from marrowbones. <i>Marrow donors.</i>
<u>muscle</u>	A muscle or muscles when well developed or prominently visible under the skin. <i>The drug lord had his muscleman to protect him.</i>
nitty-gritty	The choicest or most essential or most vital part of some idea or experience.
<u>nourishment</u>	The food necessary for growth, health, and good condition. <i>She was starved of emotional nourishment.</i>

nub	The choicest or most essential or most vital part of some idea or experience. <i>He pressed down on the two nubs on top of the phone.</i>
nucleus	A discrete mass of grey matter in the central nervous system. <i>The nucleus of a British film producing industry.</i>
nutriment	A source of materials to nourish the body. <i>He took the Bible for spiritual nutriment.</i>
pith	The spongy cellular tissue in the stems and branches of many higher plants. <i>The pith and core of socialism.</i>
provisions	The cognitive process of thinking about what you will do in the event of something happening.
rations	The food allowance for one day (especially for service personnel).
substance	The quality of being dependable or stable. <i>Substance abuse.</i>
<u>sum</u>	The choicest or most essential or most vital part of some idea or experience. <i>The sum of his own knowledge.</i>
<u>sustenance</u>	The act of sustaining life by food or providing a means of subsistence. <i>They were in want of sustenance.</i>



Usage Examples of "Meat" as a noun

- *Meat pies.*
- *We have talked at meat with this stranger.*
- *This'll put meat on your bones!*
- *Cold meats.*
- *Place meat and poultry in the refrigerator immediately.*
- *He did the meat of the climb on the first day.*
- *Pieces of meat.*



Associations of "Meat" (30 Words)

bacon	English statesman and philosopher; precursor of British empiricism; advocated inductive reasoning (1561-1626). <i>A bacon sandwich.</i>
baked	(of food) cooked by dry heat in an oven. <i>Land lying baked in the heat.</i>
baste	A loose temporary sewing stitch to hold layers of fabric together. <i>Baste a hem.</i>
beef	A criminal charge. <i>Beef cattle.</i>
<u>bread</u>	Coat food with breadcrumbs before cooking. <i>I hate doing this but I need the bread.</i>

burger	A dish consisting of a flat round cake of minced beef, or sometimes another savoury ingredient, that is fried or grilled and served in a split bun or roll with various condiments and toppings. <i>I grilled the burgers for 5 minutes per side.</i>
cheese	A complete cake of cheese with its rind. <i>A cheese sandwich.</i>
cooked	(of food or a meal) prepared by heating. <i>As the result of cooked books stock prices soared.</i>
crispy	(of food) having a firm, dry, and brittle surface or texture. <i>Crispy fried bacon.</i>
fillet	A roller used to impress a fillet on the cover of a book. <i>A chicken breast fillet.</i>
ham	Meat cut from the thigh of a hog (usually smoked). <i>He squatted down on his hams.</i>
hamburger	Minced beef.
lamb	Tend ewes at lambing time. <i>The ewe lambed.</i>
livestock	Any animals kept for use or profit. <i>Markets for the trading of livestock.</i>
loaf	An item of food formed into an oblong shape and sliced into portions. <i>A loaf of bread.</i>
mutton	Meat from a mature domestic sheep. <i>A leg of mutton.</i>
oven	Used to describe a very hot place. <i>Bake the dish in a preheated oven.</i>
pork	A legislative appropriation designed to ingratiate legislators with their constituents. <i>Roast pork.</i>
roast	Of food be cooked by roasting. <i>Continental roasts.</i>
sandwich	Something that is constructed like or has the form of a sandwich. <i>The girl was sandwiched between two burly men in the back of the car.</i>
sausage	An object shaped like a sausage. <i>Silly sausage he teased.</i>
sirloin	The portion of the loin (especially of beef) just in front of the rump. <i>Fresh sirloin steaks.</i>

smoked	Dried and cured by hanging in wood smoke. <i>A plate of smoked salmon.</i>
steak	A thick slice of steak or other high quality meat or fish. <i>A plate of steak and chips.</i>
stew	Food prepared by stewing especially meat or fish with vegetables. <i>She s in a right old stew.</i>
tenderloin	A city district known for its vice and high crime rate. <i>The city s tenderloin district.</i>
uncooked	Not cooked. <i>Frozen ready meals may be completely uncooked.</i>
veal	The flesh of a young calf, used as food. <i>Veal and ham pie.</i>
vegetarian	Relating to vegetarians or vegetarianism. <i>A vegetarian restaurant.</i>
venison	Meat from a deer used as food. <i>Venison steaks.</i>

