 apple of my eye: person that you love

don’t cry over spilled milk: don’t worry about something small

don’t sweat the small stuff

not a big deal

not my cup of tea: not what I like; not something you know about

piece of cake: very easy

spill the beans: tell a secret or information

nuts about something or someone: crazy about it

nuts: crazy

couch potato: someone who is inactive

take out: order food to go

eat and run: have a meal fast

back to back: no break

eat your words: say you were wrong

take it back: to apologize for something you said or say you were wrong about something

feast or famine

eyes are bigger than my stomach, food for thought, fruits of your labor, grab a bite, greatest thing since sliced bread, have a lot on my plate