

# milquetoast (*milque-toast*)

## Definition

n. a timid or submissive person.

## Example Sentence

Brian was such a **milquetoast** that he agreed to work extra hours on Sunday.

## More Example Sentences

The **milquetoast** student did not join the team.

## Synonyms

timid; meek; shy

## Antonyms

bold; confident; assertive

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