

# CLEAN EATS MEAL PLAN

**MAY 2017**

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# 1. Slow Cooker Pineapple & Salsa Verde Chicken

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 8 hours in slow cooker*

*Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.*

**\*\*** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

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## Ingredients for Single Meal

- 4 - small boneless chicken breasts
- 1 - cup(s) salsa verde sauce
- 1 - 8 oz. can(s) crushed pineapple
- 1 - Tbsp minced onion
- 1 - tsp minced garlic
- - Salt and pepper
- Garnish: - jalapeño(s)\*\*
- Garnish: - chopped cilantro\*\*
- Side: - rice\*\*
- Side: - salad\*\*
- 1 - gallon-size freezer baggie(s)

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## Cooking Directions for Single Meal

1. Open the can of crushed pineapple.
2. Place the chicken breasts in the base of the slow cooker and pour the salsa verde and crushed pineapple over and around the chicken. Sprinkle in the minced onion and minced garlic. Season with salt and pepper.
3. Set on low and cook for 8 hours. Once cooked, shred the chicken with 2 forks. Strain and serve.
4. Cook the rice as directed.
5. Prepare the salad.
6. Serve Slow Cooker Pineapple & Salsa Verde Chicken with chopped jalapeno and chopped cilantro garnish, over rice with a side salad.

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## Assembly Prep Directions for 2 Meals

Open 2 cans of crushed pineapple.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 4 small boneless chicken breasts
- 1 cup salsa verde
- 1 - 8 oz. can crushed pineapple
- 1 Tbsp minced onion
- 1 tsp minced garlic
- Salt and pepper

Remove as much air as possible and seal. Add label to baggie and freeze.

**Freeze & Thaw Instructions:** Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the slow cooker and cooking on low for 8 hours. Shred the chicken and strain before serving.

**Special Notes:** Serve with cauliflower rice for Paleo meal.

**Dairy-Free Modifications:** Recipe is dairy-free when served with dairy-free sides.

**Gluten-Free Modifications:** Recipe is gluten-free when served with gluten-free sides.

## 2. Slow Cooker Southwest Shredded Beef Wraps

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 8 hours in slow cooker*

*Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.*

**\*\*** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

### Ingredients for Single Meal

- 2 - lb(s) beef chuck roast
- - Salt and pepper
- 1 - small white onion(s)
- 1 - 10 oz. can(s) diced tomatoes
- 1 - tsp chili powder
- 1 - tsp ground cumin
- 8 - large flour tortillas\*\*
- Garnish: - shredded cheese\*\*
- Garnish: - shredded lettuce\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Slice the white onion. Open the can of diced tomatoes with green chilies.
2. Place the beef roast into the base of the slow cooker and add the onion slices over the top. Pour in the diced tomatoes over the top and sprinkle in the chili powder and ground cumin.
3. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the beef with 2 forks and mix into the sauce. Strain and spoon the shredded beef into the tortillas, then add the shredded cheese and shredded lettuce.
4. Prepare veggies.
5. Serve Slow Cooker Southwest Shredded Beef Wraps with veggies.

### Assembly Prep Directions for 2 Meals

Slice 2 small white onions.

Open 2 cans of diced tomatoes with green chiles.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 2 lb. beef chuck roast
- Salt and pepper
- Half of the sliced white onions
- 1 - 10 oz. can diced tomatoes green chilies
- 1 tsp chili powder
- 1 tsp ground cumin

Remove as much air as possible and seal. Add label to baggie and freeze.

**Freeze & Thaw Instructions:** Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the slow cooker and cooking on low for 8 hours. Shred and assemble wraps as directed.

**Dairy-Free Modifications:** Recipe is dairy-free when you omit the shredded cheese in the wrap.

**Gluten-Free Modifications:** Recipe is gluten-free when served over rice.

## 3. Cowboy Chicken Chili

*Yield: 4 servings*

*Active Time: 10 minutes . Cook Time: 20 minutes*

*Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.*

**\*\*** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

### Ingredients for Single Meal

- 2 - large boneless chicken breasts
- 1 - small white onion(s)
- 1 - tsp minced garlic
- 1 - 15 oz. cans red kidney beans
- 1 - 15 oz. can(s) black beans
- 1 - 15 oz. can(s) tomato sauce
- 1 - cup(s) red salsa
- 1 - cup(s) chicken stock
- 1 - Tbsp chili powder
- 1 - tsp ground cumin
- - Salt and pepper
- Garnish: - shredded cheddar cheese\*\*
- Side: - veggies\*\*
- Side: - dinner rolls\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Cut the chicken breasts into bite size pieces.
2. Chop the small white onion.
3. Open the can of tomato sauce. Open, drain and rinse the cans of red kidney beans and black beans.
4. In a large saucepan, add all the ingredients and bring to boiling over medium high heat. Let cook over medium low heat for 15 to 20 minutes, stirring often. Season with salt and pepper to taste.
5. Prepare veggies.
6. Warm the dinner rolls.
7. Serve Cowboy Chicken Chili with shredded cheese garnish, and side of veggies and dinner rolls.

### Assembly Prep Directions for 2 Meals

Chop 2 small white onions.

Open, drain and rinse 2 cans of red kidney beans and 2 cans of black beans. Open 2 cans of tomato sauce.

To each gallon-size plastic freezer baggie, add the following ingredients:

- Half of the chicken pieces
- Half of the chopped onion
- 1 tsp minced garlic
- 1 - 15 oz. can red kidney beans
- 1 - 15 oz. can black beans
- 1 - 15 oz. can tomato sauce
- 1 cup red salsa
- 1 cup chicken stock
- 1 Tbsp chili powder
- 1 tsp ground cumin

Remove as much air as possible and seal. Add label to baggie and freeze.

**Freeze & Thaw Instructions:** Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring all of the contents of the baggie into large saucepan or Dutch oven. Cook over medium low heat for 15 to 20 minutes.

**Dairy-Free Modifications:** Recipe is dairy-free when the shredded cheese garnish is omitted.

**Gluten-Free Modifications:** Recipe is gluten-free when served with gluten-free sides like rice or quinoa.

## 4. Slow Cooker Garlic-Orange Pork Tenderloin

*Yield: 4 servings*

*Active Time: 5 minutes . Cook Time: 8 hours in slow cooker*

*Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.*

**\*\*** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

### Ingredients for Single Meal

- 2 - lb(s) pork tenderloin
- - Salt and pepper
- 1 - cup(s) orange juice
- 2 - tsp minced garlic
- 1 - tsp ground ginger
- 1 - tsp dried thyme
- Side: - mashed potatoes\*\*
- Side: - veggies\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Place the pork tenderloin into the base of the slow cooker and season with salt and pepper. Pour the orange juice on and around the pork and then add the minced garlic, ground ginger and dried thyme over the top.
2. Set the slow cooker on low and cook for 8 hours. Remove from slow cooker and let rest for 5 to 10 minutes before slicing.
3. Prepare the mashed potatoes.
4. Prepare veggies.
5. Serve Slow Cooker Garlic-Orange Pork Tenderloin with mashed potatoes and veggies.

### Assembly Prep Directions for 2 Meals

To each gallon-size plastic freezer baggie, add the following ingredients:

- 2 lb. pork tenderloin
- Salt and pepper
- 1 cup orange juice
- 2 tsp minced garlic
- 1 tsp ground ginger
- 1 tsp dried thyme

Remove as much air as possible and seal. Add label to baggie and freeze.

**Freeze & Thaw Instructions:** Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the slow cooker and cooking on low for 8 hours.

**Special Notes:** Serve with mashed sweet potatoes for Paleo/Whole30 meal.

**Dairy-Free Modifications:** Recipe is dairy-free when served with dairy-free sides.

**Gluten-Free Modifications:** Recipe is gluten-free when served with gluten-free sides.

## 5. Grilled Jerk Chicken with Mango Sauce

*Yield: 4 servings*

*Active Time: 10 minutes\* . Cook Time: 20 minutes*

*Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.*

**\*\*** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

### Ingredients for Single Meal

- 4 - small boneless chicken breasts
- 1 - Tbsp olive oil
- 2 - tsp crushed red pepper
- 1 - tsp ground allspice
- 1/2 - tsp curry powder
- 1/2 - tsp dried thyme
- 1/2 - tsp pepper
- 1/4 - tsp ground ginger
- 1/4 - tsp salt
- 1/2 - cup(s) spicy mango sauce\*\*
- Side: - dinner rolls\*\*
- Side: - salad\*\*
- 1 - gallon-size freezer baggie(s)

### Cooking Directions for Single Meal

1. Place the chicken into a shallow dish and drizzle the olive oil on top.
2. In a small bowl, whisk together the crushed red pepper, allspice, curry powder, thyme, pepper, ground ginger and salt. Sprinkle onto the chicken and cover with plastic wrap and \*marinate in the fridge for at least 2 hours or overnight, ideally.
3. Preheat the grill or skillet. Grill over direct heat for 5 to 6 minutes per side, or until cooked through. Cooking time may vary depending on thickness of the chicken. Once cooked, slice and drizzle mango sauce over the top.
4. Warm the dinner rolls.
5. Prepare the salad.
6. Serve Grilled Jerk Chicken with Mango Sauce with warm rolls and salad.

### Assembly Prep Directions for 2 Meals

In a small bowl, whisk together 4 tsp crushed red pepper, 2 tsp allspice, 1 tsp curry powder, 1 tsp thyme, 1 tsp pepper, 1/2 tsp ground ginger and 1/2 tsp salt.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 4 small boneless chicken breasts
- 1 Tbsp olive oil
- Half of the Jerk seasoning mix

Remove as much air as possible and seal. Add label to baggie and freeze.

**Freeze & Thaw Instructions:** Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the skillet or grill pan and searing as directed.

**Special Notes:** Look for spicy mango sauce on the Asian aisle at your store. If you can't find it, mix up a fresh mango salsa with diced mango, chopped red onion and lime juice to taste.

**Dairy-Free Modifications:** Recipe is dairy-free when served with dairy-free sides.

**Gluten-Free Modifications:** Recipe is gluten-free when served with gluten-free sides, like rice or quinoa.

# Complete Shopping List by Recipe

## 1. Slow Cooker Pineapple & Salsa Verde Chicken

- ☐ 8 - small boneless chicken breasts
- ☐ 2 - cup(s) salsa verde sauce
- ☐ 2x1 - 8 oz. can(s) crushed pineapple
- ☐ 2 - Tbsp minced onion
- ☐ 2 - tsp minced garlic
- ☐ - Salt and pepper
- ☐ - jalapeño(s)
- ☐ - chopped cilantro
- ☐ - rice
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

## 3. Cowboy Chicken Chili

- ☐ 4 - large boneless chicken breasts
- ☐ 2 - small white onion(s)
- ☐ 2 - tsp minced garlic
- ☐ 2 - 15 oz. cans red kidney beans
- ☐ 2 - 15 oz. can(s) black beans
- ☐ 2x1 - 15 oz. can(s) tomato sauce
- ☐ 2 - cup(s) red salsa
- ☐ 2 - cup(s) chicken stock
- ☐ 2 - Tbsp chili powder
- ☐ 2 - tsp ground cumin
- ☐ - Salt and pepper
- ☐ - shredded cheddar cheese
- ☐ - veggies
- ☐ - dinner rolls
- ☐ 2 - gallon-size freezer baggie(s)

## 5. Grilled Jerk Chicken with Mango Sauce

- ☐ 8 - small boneless chicken breasts
- ☐ 2 - Tbsp olive oil
- ☐ 4 - tsp crushed red pepper
- ☐ 2 - tsp ground allspice
- ☐ 1 - tsp curry powder
- ☐ 1 - tsp dried thyme
- ☐ 1 - tsp pepper
- ☐ 1/2 - tsp ground ginger

## 2. Slow Cooker Southwest Shredded Beef Wraps

- ☐ 4 - lb(s) beef chuck roast
- ☐ - Salt and pepper
- ☐ 2 - small white onion(s)
- ☐ 2x1 - 10 oz. can(s) diced tomatoes
- ☐ 2 - tsp chili powder
- ☐ 2 - tsp ground cumin
- ☐ 16 - large flour tortillas
- ☐ - shredded cheese
- ☐ - shredded lettuce
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

## 4. Slow Cooker Garlic-Orange Pork Tenderloin

- ☐ 4 - lb(s) pork tenderloin
- ☐ - Salt and pepper
- ☐ 2 - cup(s) orange juice
- ☐ 4 - tsp minced garlic
- ☐ 2 - tsp ground ginger
- ☐ 2 - tsp dried thyme
- ☐ - mashed potatoes
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

- ☐ 1/2 - tsp salt
- ☐ 1 - cup(s) spicy mango sauce
- ☐ - dinner rolls
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

# Complete Shopping List by Store Section/Category

## Meat

- ☐ 16 small boneless chicken breasts
- ☐ 4 lb(s) beef chuck roast
- ☐ 4 large boneless chicken breasts
- ☐ 4 lb(s) pork tenderloin

## Pantry Staples - Canned, Boxed

- ☐ 2x1 8 oz. can(s) crushed pineapple
- ☐ **Side:** rice
- ☐ 2x1 10 oz. can(s) diced tomatoes
- ☐ 2 15 oz. cans red kidney beans
- ☐ 2 15 oz. can(s) black beans
- ☐ 2x1 15 oz. can(s) tomato sauce
- ☐ 2 cup(s) red salsa
- ☐ 2 cup(s) chicken stock

## Sauces/Condiments

- ☐ 2 cup(s) salsa verde sauce
- ☐ 2 Tbsp olive oil
- ☐ 1 cup(s) spicy mango sauce

## Dairy/Frozen

- ☐ **Side:** shredded cheese
- ☐ **Garnish:** shredded cheddar cheese
- ☐ 2 cup(s) orange juice

## Produce

- ☐ **Garnish:** jalapeño(s)
- ☐ **Garnish:** chopped cilantro
- ☐ **Side:** salad
- ☐ 4 small white onion(s)
- ☐ **Garnish:** shredded lettuce
- ☐ **Side:** veggies
- ☐ **Side:** mashed potatoes

## Starchy Sides

- ☐ 16 large flour tortillas
- ☐ **Side:** dinner rolls

## Spices

- ☐ 2 Tbsp minced onion
- ☐ 8 tsp minced garlic
- ☐ Salt and pepper
- ☐ 2 tsp chili powder
- ☐ 4 tsp ground cumin
- ☐ 2 Tbsp chili powder
- ☐ 3 tsp ground ginger
- ☐ 3 tsp dried thyme
- ☐ 4 tsp crushed red pepper
- ☐ 2 tsp ground allspice
- ☐ 1 tsp curry powder
- ☐ 1 tsp pepper
- ☐ 1 tsp salt

## Supplies

- ☐ **Side:** 10 gallon-size freezer baggie(s)

# Freezer Meal Prep Day Shopping List by Recipe

**Note:** This shopping list doesn't include any side dish items like rice, dinner rolls, veggies or salad.

**\*\*In addition to a shopping list for prep day, this list could be used to help you organize ingredients on your counter before you begin preparing the meals for the freezer.**

## 1. Slow Cooker Pineapple & Salsa Verde Chicken

- ☐ 8 small boneless chicken breasts
- ☐ 2 cup(s) salsa verde sauce
- ☐ 2x1 8 oz. can(s) crushed pineapple
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp minced garlic
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

## 3. Cowboy Chicken Chili

- ☐ 4 large boneless chicken breasts
- ☐ 2 small white onion(s)
- ☐ 2 tsp minced garlic
- ☐ 2 15 oz. cans red kidney beans
- ☐ 2 15 oz. can(s) black beans
- ☐ 2x1 15 oz. can(s) tomato sauce
- ☐ 2 cup(s) red salsa
- ☐ 2 cup(s) chicken stock
- ☐ 2 Tbsp chili powder
- ☐ 2 tsp ground cumin
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

## 5. Grilled Jerk Chicken with Mango Sauce

- ☐ 8 small boneless chicken breasts
- ☐ 2 Tbsp olive oil
- ☐ 4 tsp crushed red pepper
- ☐ 2 tsp ground allspice
- ☐ 1 tsp curry powder
- ☐ 1 tsp dried thyme
- ☐ 1 tsp pepper
- ☐ 1/2 tsp ground ginger
- ☐ 1/2 tsp salt
- ☐ 2 gallon-size freezer baggie(s)

## 2. Slow Cooker Southwest Shredded Beef Wraps

- ☐ 4 lb(s) beef chuck roast
- ☐ Salt and pepper
- ☐ 2 small white onion(s)
- ☐ 2x1 10 oz. can(s) diced tomatoes
- ☐ 2 tsp chili powder
- ☐ 2 tsp ground cumin
- ☐ 2 gallon-size freezer baggie(s)

## 4. Slow Cooker Garlic-Orange Pork Tenderloin

- ☐ 4 lb(s) pork tenderloin
- ☐ Salt and pepper
- ☐ 2 cup(s) orange juice
- ☐ 4 tsp minced garlic
- ☐ 2 tsp ground ginger
- ☐ 2 tsp dried thyme
- ☐ 2 gallon-size freezer baggie(s)

# Freezer Meal Prep Day Shopping List by Store Section/Category

**Note:** This shopping list doesn't include any side dish items like fruit, dinner rolls, veggies or salad.

## Meat

- ☐ 16 small boneless chicken breasts
- ☐ 4 lb(s) beef chuck roast
- ☐ 4 large boneless chicken breasts
- ☐ 4 lb(s) pork tenderloin

## Pantry Staples - Canned, Boxed

- ☐ 2x1 8 oz. can(s) crushed pineapple
- ☐ 2x1 10 oz. can(s) diced tomatoes
- ☐ 2 15 oz. cans red kidney beans
- ☐ 2 15 oz. can(s) black beans
- ☐ 2x1 15 oz. can(s) tomato sauce
- ☐ 2 cup(s) red salsa
- ☐ 2 cup(s) chicken stock

## Spices

- ☐ 2 Tbsp minced onion
- ☐ 8 tsp minced garlic
- ☐ Salt and pepper
- ☐ 2 tsp chili powder
- ☐ 4 tsp ground cumin
- ☐ 2 Tbsp chili powder
- ☐ 3 tsp ground ginger
- ☐ 3 tsp dried thyme
- ☐ 4 tsp crushed red pepper
- ☐ 2 tsp ground allspice
- ☐ 1 tsp curry powder
- ☐ 1 tsp pepper
- ☐ 1 tsp salt

## Supplies

- ☐ 10x gallon-size freezer baggie(s)

## Produce

- ☐ 4 small white onion(s)

## Sauces/Condiments

- ☐ 2 cup(s) salsa verde sauce
- ☐ 2 Tbsp olive oil

## Dairy/Frozen

- ☐ 2 cup(s) orange juice

## Meal Assembly Instructions

- ☐ Label your bags/foil with printable labels or sharpie.
- ☐ Pull out all the ingredients into a central location or into stations.

## Pre-Cook & Chop Instructions

- ☐ Chop 2 small white onions.
- ☐ In a small bowl, whisk together 4 tsp crushed red pepper, 2 tsp allspice, 1 tsp curry powder, 1 tsp thyme, 1 tsp pepper, 1/2 tsp ground ginger and 1/2 tsp salt.
- ☐ Open 2 cans of crushed pineapple.
- ☐ Open 2 cans of diced tomatoes with green chiles.
- ☐ Open, drain and rinse 2 cans of red kidney beans and 2 cans of black beans. Open 2 cans of tomato sauce.
- ☐ Slice 2 small white onions.

*The Assembly Prep should take between 30 to 35 minutes.*

## Assembly by Recipe (Set Out on the Counter)

If you prefer to load your freezer baggies and trays one recipe at a time, you can follow the below instructions.

### Slow Cooker Pineapple & Salsa Verde Chicken

To each gallon-size plastic freezer baggie, add the following ingredients:

- 4 small boneless chicken breasts
- 1 cup salsa verde
- 1 - 8 oz. can crushed pineapple
- 1 Tbsp minced onion
- 1 tsp minced garlic
- Salt and pepper

Remove as much air as possible and seal. Add label to baggie and freeze.

### Cowboy Chicken Chili

To each gallon-size plastic freezer baggie, add the following ingredients:

- Half of the chicken pieces
- Half of the chopped onion
- 1 tsp minced garlic
- 1 - 15 oz. can red kidney beans
- 1 - 15 oz. can black beans
- 1 - 15 oz. can tomato sauce
- 1 cup red salsa
- 1 cup chicken stock
- 1 Tbsp chili powder
- 1 tsp ground cumin

Remove as much air as possible and seal. Add label to baggie and freeze.

### Grilled Jerk Chicken with Mango Sauce

To each gallon-size plastic freezer baggie, add the following ingredients:

- 4 small boneless chicken breasts
- 1 Tbsp olive oil
- Half of the Jerk seasoning mix

### Slow Cooker Southwest Shredded Beef Wraps

To each gallon-size plastic freezer baggie, add the following ingredients:

- 2 lb. beef chuck roast
- Salt and pepper
- Half of the sliced white onions
- 1 - 10 oz. can diced tomatoes green chilies
- 1 tsp chili powder
- 1 tsp ground cumin

Remove as much air as possible and seal. Add label to baggie and freeze.

### Slow Cooker Garlic-Orange Pork Tenderloin

To each gallon-size plastic freezer baggie, add the following ingredients:

- 2 lb. pork tenderloin
- Salt and pepper
- 1 cup orange juice
- 2 tsp minced garlic
- 1 tsp ground ginger
- 1 tsp dried thyme

Remove as much air as possible and seal. Add label to baggie and freeze.

Remove as much air as possible and seal. Add label to baggie and freeze.