



myalept[®]
(metreleptin) for injection 11.3 mg
per vial

Eating well with GL

A recipe book and grocery guide for patients

Indication

Myalept[®] (metreleptin) is a leptin replacement therapy used with a doctor-recommended diet to treat problems caused by not having enough leptin in people with generalized lipodystrophy (GL).

Important Safety Information

Myalept may cause serious side effects, including the risk for developing neutralizing antibodies that may affect how well Myalept works, and the increased risk of a type of blood cancer called lymphoma.

GL, generalized lipodystrophy.

Please see additional Important Safety Information about Myalept on page 32. For more detailed information, please see the patient [Medication Guide](#) and [Full Prescribing Information](#) including Boxed Warning.

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Meals and recipes to support your day

From morning to night, nourishing meals and snacks can support your daily routine while taking Myalept. This section features easy-to-make recipes designed to fit into real life, whether you have time to cook or need something quick and ready ahead of time.

To help make planning and shopping easier, a shopping list is included at the end of this book. Use this tool to help plan your weekly meals and guide your grocery shopping!

Here's how to make these recipes work for you:

- ✓ Choose recipes that fit your schedule and preferences
- ✓ Prepare meals ahead to help during busy mornings
- ✓ Use the nutrition information to guide your choices
- ✓ Adjust ingredients and portions as needed

Click to jump to:

Breakfast Recipes

Breakfast Casserole

An easy casserole that feeds the family and can be prepared the night before.

Ingredients

7 slices whole wheat bread

One 8-oz package 96% fat-free
diced ham

One 8-oz package shredded,
reduced fat cheese (cheddar
or Swiss)

One 16-oz container liquid
egg substitute

1-3/4 cup skim milk

1/4 tsp black pepper

Directions

Tear the bread into pieces and lay in a
9"x13" pan (or a 3-quart casserole).

Spread the diced ham and cheese over
the bread.

Beat together the egg substitute, milk
and pepper. Pour the mixture over the
layers of bread, ham, and cheese.

Cover with plastic wrap and press
lightly on the bread pieces until the milk
comes through to the top of the layers.
Refrigerate overnight.

When ready to bake, remove the plastic
wrap and preheat the oven to 350°F.
Bake the casserole for 1 hour.

Nutritional Info		
Servings 8	Calories 158	Carbohydrate 11 g
Serving Size 1/8 of casserole	Total Fat 7.7 g	Protein 17 g
	Saturated Fat 2.5 g	Sodium 601 mg
	Cholesterol 25 mg	Fiber 1 g

Egg and Avocado Toast

A quick, easy, and filling breakfast!

Ingredients

- 1 slice whole wheat bread
(eg, Oroweat® 100% whole wheat bread)
- 1/4 cup egg substitute
- 2 Tbsps avocado, mashed
- 2 slices of tomato (optional)
- Salt and pepper to taste

Directions

Toast the bread. Scramble the egg substitute in a small pan sprayed with cooking spray.

Spread the avocado on the toast and top with the cooked egg substitute and tomato. Add salt and pepper.

Nutritional Info		
Servings 1	Calories 168	Carbohydrate 20 g
Serving Size 1 slice	Total Fat 5 g	Protein 11 g
	Saturated Fat 0.6 g	Sodium 287 mg
	Cholesterol 0 mg	Fiber 5 g

Egg White Bites

Enjoy for brunch or cook in advance for a fast breakfast. Tastes just as good the next day and can also be frozen. The best part is you won't miss the yolks because the vegetables give it so much flavor.

Ingredients

2 to 2-1/2 cups of finely chopped vegetables (may include onions, mushrooms, bell peppers, spinach, grated potatoes, broccoli, and summer squash)

One 16-oz carton (2 cups) egg substitute or egg whites

1/4 cup grated low-fat cheese

Directions

Preheat oven to 350°F.

Sauté vegetables in a nonstick pan prepared with nonstick cooking spray. Cook until tender. Salt and pepper to taste.

Prepare a 12-muffin cup pan with nonstick cooking spray. Fill each cup evenly with a small amount of the vegetable mixture.

Pour egg substitute over the vegetables evenly between the 12 muffin cups. Sprinkle a small amount of cheese on top of the mixture.

Bake for 20-25 minutes or until set. Remove from muffin pan and serve.

Serving Suggestion

(not included in nutritional info)

Make an egg sandwich with a whole wheat English muffin or whole wheat toast and serve with salsa.

Nutritional Info		
Servings 12	Calories 36	Carbohydrate 3 g
Serving Size 1 muffin	Total Fat 0.3 g	Protein 5 g
	Saturated Fat 0 g	Sodium 110 mg
	Cholesterol 1 mg	Fiber 1 g

Main Dish Recipes

Chicken Tostadas

This is a tasty meal, sure to please. Save time by buying a rotisserie chicken.

Ingredients

- 2 cups cooked chicken breast, shredded
- 1/4 cup salsa
- 1 tsp ground cumin
- 3/4 cups fat-free refried beans
- 4 Tbsps of shredded, reduced-fat cheddar cheese
- 4 tostada shells
- 4 Tbsps avocado, mashed
- 1 cup shredded lettuce
- 1/4 cup diced tomatoes

Directions

- Preheat the oven to 400°F. In a small bowl, mix together the chicken, salsa and cumin.
- Place the tostada shells on a baking sheet. Spread the refried beans on each tostada in equal amounts, then add 1/2 cup of the chicken mixture and top with 1 Tbsp cheddar cheese.
- Bake for 5-7 minutes or until cheese is melted.
- Remove from the oven and top each tostada shell with 1 Tbsp of mashed avocado, lettuce, and tomatoes.

Nutritional Info		
Servings 4	Calories 242	Carbohydrate 15 g
Serving Size 1 tostada	Total Fat 8 g	Protein 26 g
	Saturated Fat 3 g	Sodium 399 mg
	Cholesterol 59 mg	Fiber 3 g

Citrus-Herb Salmon

Salmon is an excellent source of omega-3 fatty acids. This recipe infuses the smell of fresh herbs into your kitchen.

Ingredients

- 1 (1-1/2 pounds) salmon fillet
- 1/2 tsp sea salt
- 1/4 tsp freshly ground black pepper
- 1 Tbsp grated lemon peel
- 1/2 Tbsp grated orange peel
- 10 fresh chives
- 4 thyme sprigs
- 4 oregano sprigs
- 4 tarragon sprigs
- 10 (1/8" thick) slices lemon (about 1 lemon)

Directions

- Preheat oven to 450°F.
- Line a shallow roasting pan with foil; coat foil with cooking spray.
- Place salmon in pan and sprinkle fillet with salt and pepper.
- Combine grated lemon and orange peels; spread over fish.
- Arrange chives, thyme, oregano, and tarragon horizontally across fish.
- Arrange lemon slices on top of herbs.
- Cover with foil; seal.
- Bake for 20-30 minutes or until fish flakes easily when tested with a fork.
- Serve warm or at room temperature.

Nutritional Info		
Servings 6	Calories 237	Carbohydrate 0 g
Serving Size 1/6 recipe	Total Fat 15.2 g	Protein 23 g
	Saturated Fat 3.5 g	Sodium 261 mg
	Cholesterol 62 mg	Fiber 0 g

Italian Style Spaghetti Squash Bake

A wonderful change from pasta!

Ingredients

- 1 medium spaghetti squash (about 4 cups of squash)
- 1 zucchini squash, shredded
- 16-oz low-fat prepared pasta sauce (eg. Barilla® Basil and Garlic or other vegetable or herb type)
- One 8-oz can of mushrooms
- 1/2 cup 2% fat (reduced fat) shredded mozzarella cheese
- Grated Parmesan cheese to taste (not included in analysis)
- Salt, pepper, and garlic powder to taste
- Italian seasoning to taste

Directions

- Preheat oven to 350°F.
- Cut squash in half lengthwise and remove seeds.
- Place approximately 1/2 inch of water at bottom of a 12"x8" microwave-safe baking dish and place squash (cut side down) in the dish. Microwave for 12-15 minutes or until a fork can be pierced through the squash; cool for a few minutes.
- In the same baking dish (sprayed with non-fat cooking spray) scoop spaghetti squash, using a large fork, into the pan and spread out evenly over the entire dish.
- Add shredded zucchini.
- Drain mushrooms and spread evenly over squash and zucchini.
- Add salt, pepper, garlic powder, and Italian seasoning over the mixture to taste.
- Spread pasta sauce evenly over the mixture.
- Distribute shredded mozzarella cheese evenly over top; then sprinkle with Parmesan.
- Bake for approximately 25 minutes or until cheese is melted and dish is bubbling.
- Cool for a few minutes before serving. Delicious as an entrée or side dish.

Nutritional Info		
Servings 6	Calories 103	Carbohydrate 17 g
Serving Size 1/6 recipe	Total Fat 2.2 g	Protein 5 g
	Saturated Fat 1 g	Sodium 630 mg
	Cholesterol 5 mg	Fiber 3.5 g

Oven Baked Chicken Fingers

These are great to make for a dinner, lunch, snack, or an appetizer. Dip them in your favorite sauce such as low-fat dressings, mustards, reduced-sugar ketchups, and BBQ sauces.

Ingredients

- 2 pounds chicken tenders
- 2 cups whole wheat bread crumbs
- 1-1/2 tsps paprika
- 1 tsp salt
- 3/4 tsp chili powder
- 1/2 tsp black pepper
- 1/2 tsp garlic powder
- 2 Tbsps nonfat, plain, Greek yogurt
- 4 egg whites

Directions

- Preheat oven to 400°F.
- Line cookie sheet with foil and spray with cooking spray.
- In medium, shallow bowl, blend egg whites and yogurt until well mixed.
- In larger bowl, add bread crumbs, paprika, salt, chili powder, black pepper, and garlic powder.
- Dip chicken into egg mixture and then dredge through bread crumb mixture.
- Place on cooking sheet and spray top of chicken with cooking spray.
- Bake for 10 minutes and then turn over and bake for another 8 minutes or until internal temperature reaches 165°F.

Nutritional Info		
Servings 6	Calories 299	Carbohydrate 19 g
Serving Size 1/6 recipe	Total Fat 4.6 g	Protein 41 g
	Saturated Fat 0.9 g	Sodium 410 mg
	Cholesterol 111 mg	Fiber 3 g

Pork Stir Fry With Riced Cauliflower

A low-carb twist on a favorite. Full of flavor.

Ingredients

- 1 pound center cut boneless pork loin chops
- 1 Tbsp cornstarch
- 2 Tbsps low-sodium soy sauce, divided
- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1/2 cup onion, chopped
- One 12-oz bag of frozen “riced” cauliflower
- One 14-oz bag of frozen stir fry vegetables
- 1/4 cup Kikkoman® Stir Fry Sauce
- Crushed red pepper (optional)

Directions

- Cut the boneless pork loin chops into thin strips and coat with cornstarch and 1 Tbsp of soy sauce.
- Spray skillet with nonstick cooking spray and heat on medium. Add pork loin chops and cook until done, about 10 minutes. Reduce heat to low.
- In a separate large skillet, add the olive oil, garlic, and onion and sauté over medium heat for 1 minute.
- Add the riced cauliflower and stir. Mix in the stir fry vegetables. Cook until no longer frozen, about 5 minutes.
- Add the stir fry sauce and 1 Tbsp of soy sauce. Stir to coat the vegetables.
- Stir in the pork loin chops and cook for 5 minutes.

Nutritional Info		
Servings 4	Calories 248	Carbohydrate 18 g
Serving Size 1/4 recipe	Total Fat 6.2 g	Protein 29 g
	Saturated Fat 1.5 g	Sodium 1159 mg
	Cholesterol 53 mg	Fiber 5 g

Shrimp and Black Bean Tacos

A fresh, protein-packed take on taco night with bold, zesty flavors.

Ingredients

- 2 tsp canola oil
- 1 pound medium shrimp, peeled and deveined
- 1-1/2 tsps ground cumin
- 1/8 tsp cayenne pepper
- One 15-oz can low-sodium black beans
- 1 tsp chili powder
- 12 (6”) corn tortillas, heated
- 1 cup cooked brown rice
- 3/4 cup fresh pico de gallo
- 1/4 cup sliced green onions
- Fresh cilantro leaves
- Lime wedge to garnish

Directions

- Heat oil in large nonstick pan on medium-high heat.
- Sauté shrimp, 1 tsp cumin, and pepper on medium-high heat for approximately 5 minutes or until cooked through.
- Remove shrimp from pan and set aside.
- Add beans to pan with a few tablespoons of liquid, 1/2 tsp cumin, and chili powder.
- Mash beans with a fork and cook for 2-3 minutes or until hot.
- Layer ingredients among tortillas evenly in this order – bean mixture, rice, shrimp, pico de gallo, and onions. Garnish with cilantro and lime juice.

Nutritional Info		
Servings 6	Calories 254	Carbohydrate 39 g
Serving Size 2 tacos	Total Fat 3.8 g	Protein 19 g
	Saturated Fat 0.1 g	Sodium 432 mg
	Cholesterol 111 mg	Fiber 5 g

Sloppy Janes

Quick and easy dinner idea!

Ingredients

- 1/2 cup onion, chopped
- 1 medium red bell pepper, seeded and diced
- 1 garlic clove, minced
- 1 pound lean (93% fat-free) ground turkey
- 1 Tbsp tomato paste
- 2 Tbsps Dijon mustard
- 1 Tbsp hot sauce
- 2 cups no-salt added crushed tomatoes, canned
- 1/2 tsp ground black pepper
- 8 whole wheat hamburger buns

Directions

- Spray pan with nonstick spray and place pan over medium-high heat.
- Add onion, red bell pepper and garlic. Sauté for 5 minutes, stirring frequently.
- Add turkey and sauté 5-7 minutes until turkey is cooked through.
- Add tomato paste, Dijon mustard, hot sauce, tomatoes, and black pepper. Simmer for 5 minutes, stirring frequently.
- Toast the hamburger buns and fill each with 1/2 cup of turkey mixture.

Nutritional Info		
Servings 8	Calories 216	Carbohydrate 22 g
Serving Size 1/8 recipe	Total Fat 7 g	Protein 18 g
	Saturated Fat 1.2 g	Sodium 456 mg
	Cholesterol 42 mg	Fiber 4 g

South of the Border Taco Soup

A hearty, comforting soup inspired by classic taco flavors.

Ingredients

- 1 pound 94% fat-free ground beef
- 1 onion, minced
- 1 green pepper, chopped (optional)
- One 15-oz can “no salt added” corn or 1-1/2 cups frozen corn
- One 15-oz can creamed corn
- 1 can diced tomatoes, no added salt, or fire-roasted, if desired
- One 15-oz can pinto beans (rinsed)
- 1/4 cup salsa
- 2 cups chicken broth (lower sodium)
- 1/4 cup fat-free ranch dressing
- 1/2 package taco seasoning mix

Directions

- In a stock pot prepared with nonstick cooking spray, sauté onions for a few minutes, add beef and brown until cooked through.
- Add the rest of ingredients and heat until warm.
- Serve in bowls.

Serving Suggestion

- (not included in nutritional info)
- Optional topping: Baked, lower-fat corn chips and low-fat shredded cheddar cheese.

Nutritional Info		
Servings 5	Calories 380	Carbohydrate 53 g
Serving Size 1 cup	Total Fat 7 g	Protein 31 g
	Saturated Fat 3 g	Sodium 1070 mg*
	Cholesterol 57 mg	Fiber 10 g

*varies depending on products used

Tuna Pasta Casserole

This is a quick and easy healthy dinner using foods you may already have in your pantry.

Ingredients

- One 12-oz can of tuna in water
- One 10-oz can Campbell's Healthy Request Cream of Mushroom Soup
- 1/2 cup skim milk
- 1/2 cup frozen peas
- One 8-oz can sliced mushrooms
- Small jar of pimentos
- 1/2 tsp garlic powder
- White or black pepper to taste
- 3 Tbsps Parmesan cheese
- 4 cups cooked whole wheat pasta

Directions

- In a microwave-safe casserole dish, combine mushrooms, soup, and milk. Blend thoroughly. Add tuna, peas, pimentos, and spices.
- Microwave for 4 minutes on high.
- Serve over 1 cup of cooked pasta.
- Top each portion with 2 tsps of Parmesan cheese.

Nutritional Info		
Servings 4	Calories 393	Carbohydrate 52 g
Serving Size 1/4 casserole	Total Fat 6 g	Protein 34 g
	Saturated Fat 1.8 g	Sodium 847 mg
	Cholesterol 42 mg	Fiber 7 g

Whole Grain Chicken Pot Pie

A warm, satisfying meal with familiar flavors and a healthier spin.

Ingredients

Topping:

- 1 cup whole wheat flour
- 2 tsp baking powder
- 2 Tbsp margarine, free of trans fat
- 1 Tbsp dried parsley
- 1/2 cup skim milk

Filling:

- 1 tsp olive oil
- 1/4 cup onion, diced
- 1/4 cup celery, diced
- 1 cup frozen peas and carrots
- 4 oz sliced mushrooms
- 1-1/2 cups cooked chicken (about 3/4 pound raw). Use a rotisserie chicken to save time
- One 10-1/2-oz can Campbell’s Healthy Request Cream of Mushroom soup
- 1/4 cup skim milk
- Salt and pepper to taste

Directions

- Preheat oven to 375°F. Coat an 8"x8" baking pan with cooking spray and set aside.
- In a large bowl, sift together the whole wheat flour and baking powder. Cut in the margarine and then add the parsley and milk and gently combine. Refrigerate until needed.
- Add the olive oil to a large nonstick sauté pan over medium-high heat. Add the onion, celery, and peas, and carrots. Cook for 5 minutes. Add the mushrooms and cook another 5 minutes.
- Stir in the cooked chicken.
- Add the can of cream of mushroom soup and 1/4 cup of skim milk and blend well. Simmer for 3 minutes. Remove from heat.
- Pour the chicken and vegetable mix into the baking dish. Drop clumps of the whole wheat crust mixture on top (it will be very sticky). Use spoon to gently spread the topping evenly.
- Bake for 20 minutes and serve.

Nutritional Info		
Servings 4	Calories 334	Carbohydrate 37 g
Serving Size 1/4 recipe	Total Fat 11 g	Protein 24 g
	Saturated Fat 2.6 g	Sodium 536 mg
	Cholesterol 45 mg	Fiber 6 g

Side Dish Recipes

Guacamole

This is a quick and easy healthy dinner using foods you may already have in your pantry.

Ingredients

- 4 avocados, peeled and pitted
- 2 limes, juiced
- 1 medium onion, diced
- 1 garlic clove, minced
- 1 large tomato, diced
- 1/2 cup nonfat plain Greek yogurt
- 1/2 tsp salt
- Pepper to taste
- 1/2 cup cilantro (optional)
- 1 jalapeno, finely chopped (optional)

Directions

In medium bowl, add all ingredients and mash with fork until blended.

Serving Suggestion

(not included in nutritional info)

Serve with Homemade Pita Chips – found in the Snack Recipes section.

Nutritional Info		
Servings 12	Calories 95	Carbohydrate 8 g
Serving Size approx 1/4 cup	Total Fat 7 g	Protein 2 g
	Saturated Fat 1 g	Sodium 107 mg
	Cholesterol 0 mg	Fiber 4 g

Mac and Cheese

Easy to make and a delicious comfort food!

Ingredients

- 15 oz whole wheat elbow macaroni or Barilla ProteinPLUS elbow macaroni
- Two 10-3/4 oz cans Campbell's® Healthy Request cheddar cheese soup
- 8 oz 2% milk shredded cheddar cheese

Directions

- Cook macaroni according to package directions until al dente.
- Drain and place in 13"x9" glass baking dish.
- Mix in cheddar cheese soup.
- Mix in shredded cheese.
- Cover tightly with foil and bake at 350°F for approximately 1 hour or until bubbly.

Nutritional Info		
Servings 8	Calories 306	Carbohydrate 49 g
Serving Size 1/8 recipe	Total Fat 7.4 g	Protein 15 g
	Saturated Fat 4 g	Sodium 526 mg
	Cholesterol 23 mg	Fiber 4 g

Stuffed Peppers

A balanced, oven-baked favorite with bold, savory flavor.

Ingredients

- 4 large green bell peppers
- 1/2 pound 96% lean ground beef
- 1/4 cup onion, chopped
- 1/2 tsp chili powder
- 1/4 tsp cayenne pepper (optional)
- 1 garlic clove, minced
- 1/4 tsp pepper
- 1/2 tsp salt
- 1/2 Tbsp Worcestershire sauce
- 1-1/2 cups cooked brown rice
- 1/2 cup shredded low-fat cheddar cheese, divided
- 8-oz can tomato sauce

Directions

- Preheat the oven to 350°F.
- Place meat in a large skillet and cook over medium heat, stirring to crumble, cook until the meat is no longer pink.
- Stir in the onion, chili powder, garlic, pepper, salt and Worcestershire sauce (and cayenne pepper if desired). Cook until the onion is tender.
- Remove skillet from the heat and stir in the rice, tomato sauce, and 1/4 cup of the cheese.
- Cut the tops off the peppers and remove the membranes and seeds. Fill the peppers with the meat mixture.
- Place the peppers upright in a casserole dish. Cover with aluminum foil and bake at 350°F for 55 minutes. Take peppers out of the oven and sprinkle the remaining cheddar cheese evenly on each pepper. Return to oven and cook for 5 more minutes without the foil. Serve hot.

Nutritional Info		
Servings 4	Calories 242	Carbohydrate 34 g
Serving Size 1 filled pepper	Total Fat 5 g	Protein 18 g
	Saturated Fat 2.2 g	Sodium 740 mg
	Cholesterol 35 mg	Fiber 4 g

Snack Recipes

Vegetable Cream Cheese Rollups

Whip up a batch of these pinwheels for a delicious snack.

Ingredients

- 8 oz fat-free cream cheese
- 1 cucumber, peeled, seeded, and minced
- 1 red pepper, minced
- 1 tomato, minced
- 1/4 tsp garlic powder
- 2 Tbsps dried chives
- 3 whole wheat flour tortillas

Directions

Mix all ingredients (except tortillas) and let sit in refrigerator for 2 hours.

Spread evenly on the 3 tortillas.

Roll tightly and cut into pinwheels (about 1/2" thick).

Nutritional Info		
Servings 3	Calories 241	Carbohydrate 34 g
Serving Size 1 rollup	Total Fat 4 g	Protein 17 g
	Saturated Fat 1.5 g	Sodium 816 mg
	Cholesterol 9 mg	Fiber 5 g

Homemade Pita Chips

An easy, oven-baked snack with big crunch and simple flavor.

Ingredients

4 (6") whole wheat pitas

Desired seasonings: chili powder, garlic powder, etc

Directions

Preheat oven to 350°F.

Cut each pita into 24 wedges (makes approximately 96 chips).

Line cookie sheet with foil and spray with cooking spray.

Place pita wedges on cookie sheet and sprinkle seasonings.

Toast for approximately 10 minutes or until golden brown.

Nutritional Info		
Servings 12	Calories 53	Carbohydrate 11 g
Serving Size approx 8 chips	Total Fat 0.7 g	Protein 3 g
	Saturated Fat 0 g	Sodium 77 mg
	Cholesterol 0 mg	Fiber 2 g

Dessert Recipes

Chocolate Cake

This cake has half the carbohydrates as a typical cake and can also be made into cupcakes.

Ingredients

- 1 cup whole wheat pastry flour
- 6 Tbsps of unsweetened cocoa powder
- 1/3 cup sugar (can use a sugar substitute such as Swerve®)
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 cup applesauce, unsweetened
- 1/4 cup nonfat plain Greek yogurt
- 1/3 cup water
- 1/4 cup peanut butter, natural, unsweetened
- 2 tsps vanilla extract

Directions

- Preheat oven to 350°F and spray an 8"x8" pan with cooking spray.
- In a large bowl, mix flour, cocoa, sugar, baking soda, and salt.
- In a separate medium bowl, mix together applesauce, yogurt, water, peanut butter, and vanilla.
- Add wet ingredients to flour mixture and blend. Don't overmix.
- Pour into pan and bake for 25 minutes or until toothpick comes out clean.
- Best enjoyed the next day.
- Also makes 9 cupcakes. Bake at same temperature for approximately 18-20 minutes or until toothpick comes out clean.*

Serving Suggestion

Eat plain, sprinkled with powdered sugar, or top with light whipped cream (2 Tbsps has 15 calories, 1 gram fat, 1 gram carbohydrate)

Nutritional Info		
Servings 9	Calories 133	Carbohydrate 22 g
Serving Size 1/9 recipe	Total Fat 4.4 g	Protein 5 g
	Saturated Fat 1.1 g	Sodium 236 mg
	Cholesterol 0 mg	Fiber 3 g

Berry Trifle

A fun and easy dessert to take to a picnic or gathering.

Ingredients

- One 10-oz prepared angel food cake, cut and cubed
- 1 pt of fresh strawberries, sliced
- Two 6-oz containers of fresh blueberries
- One 12-oz tub of Cool Whip®

Directions

Layer ingredients, starting with sliced strawberries, cake, Cool Whip, and blueberries and repeat.

Nutritional Info		
Servings 8	Calories 189	Carbohydrate 41 g
Serving Size 1 cup	Total Fat 0.5 g	Protein 3 g
	Saturated Fat 0 g	Sodium 290 mg
	Cholesterol 0 mg	Fiber 2 g

Healthy Shopping List

Grocery shopping made easier

Making thoughtful food choices often starts at the grocery store. This section includes a shopping list you can bring with you to help make shopping simpler, more organized, and less overwhelming while taking Myalept.

Using the grocery list:

- ✓ Plan ahead by reviewing the list before you shop
- ✓ Bring your shopping list with you to the store to stay organized
- ✓ Check the Nutrition Facts labels to help guide your choices
- ✓ Keep in mind any additional dietary guidance your healthcare provider has recommended

Your Healthy Shopping List

Non-starchy vegetables

- ☐ Asparagus
- ☐ Green beans
- ☐ Carrots
- ☐ Cabbage
- ☐ Eggplant
- ☐ Cauliflower
- ☐ Broccoli
- ☐ Mushrooms
- ☐ Tomatoes
- ☐ Spinach
- ☐ Onions
- ☐ Peppers
- ☐ Avocados

Starchy vegetables

- ☐ Acorn and butternut squash
- ☐ Green peas
- ☐ Corn
- ☐ Parsnips
- ☐ Pumpkin
- ☐ Sweet potatoes
- ☐ Plantains

Fruits

- ☐ Apples
- ☐ Blueberries
- ☐ Oranges
- ☐ Grapefruit
- ☐ Grapes
- ☐ Peaches

- ☐ Pears
- ☐ Plums
- ☐ Cherries
- ☐ Strawberries

If you use canned fruit in syrup, drain and rinse the fruit with water to wash away the extra syrup. Fruit in its own juice is best.

Dry foods

- ☐ Whole-grain breads
- ☐ Corn and whole-wheat tortillas
- ☐ Whole-grain hot and cold cereals
- ☐ Brown rice, wild rice
- ☐ Whole-wheat pasta
- ☐ Other grains such as quinoa, bulgur, and barley
- ☐ Beans, chickpeas, and lentils

Look for cereals, breads, and grains with whole grains as the first ingredient. Choose cereals with at least 3 grams of fiber and less than 6 grams of added sugar per serving.

Prepared foods

- ☐ Low-fat veggie burgers
- ☐ Hummus, tabbouleh
- ☐ “Healthy” low-fat frozen entrées like Healthy Choice®, Smart Ones®, Lean Cuisine®, Amy’s Light and Lean®, and Trader Joe’s Reduced Guilt Entrées®

Your Healthy Shopping List

Dairy

- ☐ Fat-free or low-fat milk
- ☐ Unsweetened nut, soy, or rice milk
- ☐ Plain, nonfat yogurt
- ☐ Fat-free half and half
- ☐ Low-fat or fat-free cheese

Proteins

- ☐ Beans and lentils
- ☐ Nuts and seeds
- ☐ Natural peanut/nut butters
- ☐ Tofu and tempeh
- ☐ Egg and egg substitutes
- ☐ Skinless chicken and turkey breasts
- ☐ Pork tenderloin trimmed of all visible fat
- ☐ Beef round and loin cuts trimmed of all visible fat
- ☐ Lean fish such as tilapia, sole, cod, and halibut
- ☐ Moderate- to high-fat fish such as tuna, salmon, mackerel, sardines, and herring (watch portions)
- ☐ Shrimp, crab, and other shellfish
- ☐ Extra-lean (95% fat-free) ground meats
- ☐ Canadian bacon and low-fat turkey bacon
- ☐ Extra lean deli meats
- ☐ Extra lean ham
- ☐ Ball Park® smoked white-meat franks or Hebrew National® 97% fat-free franks

Cooking and condiments

- ☐ Oils such as olive, canola, corn, flaxseed, safflower, soybean, avocado, and sunflower
- ☐ Nonfat cooking sprays
- ☐ Salsa
- ☐ Low-fat salad dressings
- ☐ Low-fat mayonnaise

Other items to pick up

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IMPORTANT SAFETY INFORMATION

What is Myalept?

Myalept® (metreleptin) is a leptin replacement therapy used with a doctor-recommended diet to treat problems caused by not having enough leptin (leptin deficiency) in people with generalized lipodystrophy.

- It is not known if Myalept is safe and effective when used to treat problems (complications) caused by partial lipodystrophy or to treat liver disease, including non-alcoholic steatohepatitis (NASH)
- Myalept should not be used to treat people with HIV-related lipodystrophy or people with metabolic disease, including diabetes mellitus and hypertriglyceridemia, without signs or symptoms of congenital or acquired generalized lipodystrophy.

Important Safety Information

Myalept is only available through a restricted program called the Myalept Risk Evaluation and Mitigation Strategy (REMS) Program. Your doctor must be enrolled and certified in the program in order to prescribe Myalept.

Myalept may cause serious side effects, including:

- **risk for developing certain proteins called neutralizing antibodies** that may reduce how well your own leptin or Myalept works. Side effects of these antibodies may include infection, problems with blood sugar (including diabetes), or an increase in triglycerides.
- **increased risk of a type of blood cancer called lymphoma.**

You should not take Myalept if you:

- have general obesity not caused by a congenital leptin deficiency.
- are allergic to metreleptin or any of the ingredients in Myalept. Symptoms of an allergic reaction include rash, itching (hives), swelling of face, lips, tongue, or throat, problems breathing or swallowing, fainting or dizziness, rapid heartbeat.

Before using Myalept, tell your doctor if you have any medical conditions including if you:

- have or have had problems with your blood cells, including low blood cell counts (especially your white blood cells), bone marrow, immune system, pancreas, swollen lymph nodes, lymphoma, high blood triglyceride levels, or use insulin or a sulfonylurea.
- are pregnant or plan to become pregnant as it is unknown if Myalept will harm your unborn baby. If you become pregnant while using Myalept, talk to your healthcare provider about registering with a program to collect information about the outcomes of moms and babies exposed to Myalept during pregnancy. You can enroll in the Myalept program by calling 1-855-669-2537.
- are nursing or plan to nurse. You should not nurse while you take Myalept.

Other possible side effects

The most common side effects of Myalept include headache, low blood sugar, decreased weight, and/or abdominal pain.

You may get low blood sugar (hypoglycemia) if you take Myalept with other medicines used to lower blood sugar, such as insulin or sulfonylurea. Your doses of these medications may need to be lowered while you use Myalept. Tell your doctor right away if you experience shakiness, sweating, headache, drowsiness, weakness, dizziness, confusion, irritability, hunger, fast heartbeat, or a jittery feeling because these may be signs of low blood sugar (hypoglycemia).

For newborns and infants, mix Myalept with sterile water for injection (preservative-free) (WFI). Serious side effects including death have happened in newborns or infants who have received the preservative benzyl alcohol. Bacteriostatic water for injection contains benzyl alcohol and it should not be used to mix Myalept for newborns and infants.

Myalept may worsen symptoms caused by certain problems in your immune system (autoimmune disorder). Ask your doctor about what symptoms you should watch for that may require further testing.

Talk to your doctor about any side effect that bothers you or that does not go away. These are not all the possible side effects of Myalept. For more information, speak to your doctor or pharmacist. Tell your doctor about all the medications you take, including prescription and nonprescription medicines, vitamins, and herbal supplements. Take Myalept exactly as your doctor instructs you.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.FDA.gov/medwatch or call **1-800-FDA-1088**.

This is the most important information about Myalept. For more detailed information, please see the patient [Medication Guide](#) and [Full Prescribing Information](#) including Boxed Warning.

More support, when you need it

These recipes, along with the shopping list, are here to help you every day. By signing up for Chiesi Total Care, you can also access personalized and comprehensive support designed just for you, including:



Your own Patient Education Liaison (PEL)** who can provide you with one-on-one education and ongoing support throughout your Myalept treatment



Nutrition guidance from registered dietitians experienced in GL



and much more!

Click [here](#) to see the full list of benefits and find out how to enroll in Chiesi Total Care.

Questions? We're here to help.

Call [1-855-669-2537](tel:1-855-669-2537) Monday-Friday, 8AM-8PM ET

*PELs are employed by Chiesi USA, Inc.

†PELs are not healthcare providers and are not part of your medical team. They cannot give medical care or advice. All decisions about your treatment should be made by you and your healthcare provider.



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myalept[®]
(metreleptin) for injection 11.3 mg per vial