Okay, here's a concise gym workout and diet plan tailored for fat loss, 3 days a week, for someone who is 25 years old and weighs 50kg.

Important Considerations:

*   **Consult a Doctor:** Always talk to your doctor or a registered dietitian before starting any new workout or diet plan. This is especially important if you have any underlying health conditions.
*   **Listen to Your Body:** Pay attention to how your body feels. Don't push yourself too hard, especially when starting out.
*   **Consistency is Key:** Stick to the plan as consistently as possible for best results.

Goal: Fat Loss (3 Days/Week)

I. Workout Plan (Gym)

*   **Warm-up (5-10 minutes before each workout):**
    *   Light cardio (jogging, jumping jacks)
    *   Dynamic stretching (arm circles, leg swings)

*   **Cool-down (5-10 minutes after each workout):**
    *   Static stretching (hold each stretch for 30 seconds)

Workout A: (Monday)

*   **Compound Exercises:**
    *   Squats: 3 sets of 8-12 reps

* Bench Press (or Dumbbell Press): 3 sets of 8-12 reps

  * Bent-Over Rows (or Dumbbell Rows): 3 sets of 8-12 reps

  * Overhead Press: 3 sets of 8-12 reps

* **Abs:**

  * Crunches: 3 sets of 15-20 reps

  * Plank: 3 sets, hold for 30-60 seconds

Workout B: (Wednesday)

* **Compound Exercises:**

  * Deadlifts (or Romanian Deadlifts): 1 set of 5 reps, 2 sets of 8 reps

  * Pull-ups (or Lat Pulldowns): 3 sets of as many reps as possible (AMRAP)

  * Dips (or Assisted Dips): 3 sets of as many reps as possible (AMRAP)

  * Lunges: 3 sets of 10-12 reps per leg

* **Abs:**

  * Leg Raises: 3 sets of 15-20 reps

  * Russian Twists: 3 sets of 15-20 reps per side

Workout C: (Friday)

* **Compound Exercises:**

  * Goblet Squats: 3 sets of 12-15 reps

  * Incline Dumbbell Press: 3 sets of 8-12 reps

  * Seated Cable Rows: 3 sets of 10-15 reps

* Dumbbell Shoulder Press: 3 sets of 10-15 reps

  * Glute Bridges: 3 sets of 15-20 reps

* **Abs:**

  * Reverse Crunches: 3 sets of 15-20 reps

  * Side Plank: 3 sets, hold for 30-60 seconds per side

II. Diet Plan

* **Calorie Deficit:** Aim for a moderate calorie deficit (approximately 250-500 calories below your maintenance level). Use an online calorie calculator to estimate your maintenance calories. Since you're already lean, a smaller deficit is safer.
* **Macronutrient Breakdown:**

  * Protein: 1.2 - 1.7g per kg of body weight (60-85g).

  * Carbohydrates: 1.5-2g per kg of body weight (75-100g). Focus on complex carbs like whole grains, fruits, and vegetables.

  * Fats: 0.8-1g per kg of body weight (40-50g). Choose healthy fats like avocados, nuts, seeds, and olive oil.

Sample Daily Meal Plan (Adjust Portion Sizes as Needed):

* **Breakfast (300-400 Calories):**

  * Oatmeal (50g dry) with berries (1/2 cup) and nuts (1 tbsp) and 1 scoop of whey protein.
* **Lunch (400-500 Calories):**

  * Grilled chicken salad (120g chicken) with mixed greens, vegetables (cucumber, tomato, bell peppers), and a light vinaigrette dressing.

*   **Dinner (400-500 Calories):**

    *   Baked salmon (120g) with roasted vegetables (broccoli, sweet potatoes, carrots).

*   **Snacks (100-200 Calories each - 2 per day):**

    *   Greek yogurt (150g) with fruit (1/4 cup).

    *   Hard-boiled egg (1-2).

    *   Small handful of almonds (20-30).

III. Protein Intake

*   **Total Daily Protein:** 60-85 grams per day.
*   **Sources:**

    *   Lean meats (chicken, turkey, fish)

    *   Eggs

    *   Dairy (Greek yogurt, cottage cheese)

    *   Protein powder (whey, casein, plant-based)

    *   Beans and lentils

    *   Tofu and tempeh

Important Notes:

*   **Hydration:** Drink plenty of water throughout the day.

*   **Sleep:** Aim for 7-9 hours of quality sleep per night.

*   **Cardio:** Consider adding 2-3 sessions of low-intensity steady-state (LISS) cardio (walking, jogging) on your rest days for 30-45 minutes.

*   **Progression:** As you get stronger, gradually increase the weight, reps, or sets.

*   **Flexibility:** Don't be afraid to adjust the plan based on your individual needs and preferences.

Find foods you enjoy and exercises you tolerate well.

This is a starting point. Monitor your progress and adjust as needed. Good luck!