

INGLES MARKETS INC INVESTMENT/PROFIT SHARING PLAN TRUST
 Form 4
 April 04, 2007

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION
 Washington, D.C. 20549

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
 INGLES MARKETS INC
 INVESTMENT/PROFIT SHARING
 PLAN TRUST

(Last) (First) (Middle)

2913 US HIGHWAY 70 WEST

(Street)

BLACK MOUNTAIN, NC 28711

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
 INGLES MARKETS INC [IMKTA]

3. Date of Earliest Transaction
 (Month/Day/Year)
 03/30/2007

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

____ Director
 ____ Officer (give title below)
 10% Owner
 ____ Other (specify below)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership (Instr. 4)
				Code	V Amount (A) or (D) Price			
Class A Common Stock	03/30/2007		S	315	D	\$ 40.35 80,630	D	
Class A Common Stock	03/30/2007		S	330	D	\$ 40.5 80,630	D	
Class A Common Stock	03/30/2007		S	573	D	\$ 40.66 80,630	D	
Class A Common	03/30/2007		S	289	D	\$ 40.59 80,630	D	

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Stock							
Class A Common Stock	03/30/2007	S	1,000	D	\$ 40.68	80,630	D
Class A Common Stock	03/30/2007	S	200	D	\$ 40.58	80,630	D
Class A Common Stock	03/30/2007	S	200	D	\$ 40.67	80,630	D
Class A Common Stock	03/30/2007	S	896	D	\$ 40.59	80,630	D
Class A Common Stock	03/30/2007	S	1,000	D	\$ 40.61	80,630	D
Class A Common Stock	03/30/2007	S	100	D	\$ 40.6	80,630	D
Class A Common Stock	03/30/2007	S	961	D	\$ 41.22	80,630	D
Class A Common Stock	03/30/2007	S	800	D	\$ 41.2	80,630	D
Class A Common Stock	03/30/2007	S	2,000	D	\$ 41.21	80,630	D
Class A Common Stock	03/30/2007	S	400	D	\$ 41.24	80,630	D
Class A Common Stock	03/30/2007	S	200	D	\$ 41.34	80,630	D
Class A Common Stock	03/30/2007	S	942	D	\$ 41.51	80,630	D
Class A Common Stock	03/30/2007	S	1,500	D	\$ 41.46	80,630	D
Class A Common Stock	03/30/2007	S	477	D	\$ 41.33	80,630	D

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Class A Common Stock	03/30/2007	S	317	D	\$ 41.51	80,630	D
Class A Common Stock	04/02/2007	S	1,000	D	\$ 40.4	80,630	D
Class A Common Stock	04/02/2007	S	1,760	D	\$ 40.43	80,630	D
Class A Common Stock	04/20/2007	S	1,000	D	\$ 40.5	80,630	D
Class A Common Stock	04/02/2007	S	1,000	D	\$ 40.52	80,630	D
Class A Common Stock	04/02/2007	S	1,000	D	\$ 40.54	80,630	D
Class A Common Stock	04/02/2007	S	740	D	\$ 40.64	80,630	D
Class A Common Stock	04/02/2007	S	800	D	\$ 40.68	80,630	D
Class A Common Stock	04/02/2007	S	600	D	\$ 40.69	80,630	D
Class A Common Stock	04/02/2007	S	700	D	\$ 40.72	80,630	D
Class A Common Stock	04/02/2007	S	846	D	\$ 40.96	80,630	D
Class A Common Stock ⁽¹⁾	04/02/2007	S	1,000	D	\$ 40.99	80,630	D ⁽¹⁾

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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(9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

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1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Owned Following Transaction (Instr. 6)
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Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
INGLES MARKETS INC INVESTMENT/PROFIT SHARING PLAN TRUST 2913 US HIGHWAY 70 WEST BLACK MOUNTAIN, NC 28711		X		

Signatures

/s/ James W. Lanning, By: James W. Lanning, April 3, 2007

04/03/2007

__Signature of Reporting Person

Date

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

(1) See Exhibit 99.A for additional Non-Derivative information

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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