

INGLES MARKETS INC INVESTMENT/PROFIT SHARING PLAN TRUST
 Form 4/A
 April 17, 2007

FORM 4

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

OMB APPROVAL

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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)
 04/04/2007

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

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

6. Individual or Joint/Group Filing(Check Applicable Line)
 X 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 Indirect Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price
Class A Common Stock ⁽¹⁾	04/02/2007		S		700	D	\$ 40.77
Class A Common Stock	04/02/2007		S		800	D	\$ 40.73
Class A Common Stock	04/02/2007		S		1,000	D	\$ 40.45
Class A Common Stock	04/02/2007		S		400	D	\$ 41.15

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Stock

Class A Common Stock	04/02/2007	S	3,800	D	\$ 41.34	112,430	D
Class A Common Stock	04/02/2007	S	400	D	\$ 41.26	112,030	D
Class A Common Stock	04/02/2007	S	1,146	D	\$ 41.2588	110,884	D
Class A Common Stock	04/02/2007	S	2,500	D	\$ 41.236	108,384	D
Class A Common Stock	04/02/2007	S	1,500	D	\$ 41.2207	106,884	D
Class A Common Stock	04/02/2007	S	1,100	D	\$ 41.22	105,784	D
Class A Common Stock	04/02/2007	S	1,000	D	\$ 41.214	104,784	D
Class A Common Stock	04/02/2007	S	2,500	D	\$ 41.2025	102,284	D
Class A Common Stock	04/02/2007	S	1,278	D	\$ 41.2	101,006	D
Class A Common Stock	04/02/2007	S	400	D	\$ 41.1925	100,606	D
Class A Common Stock	04/02/2007	S	700	D	\$ 41.19	99,906	D
Class A Common Stock	04/02/2007	S	900	D	\$ 41.1789	99,906	D
Class A Common Stock	04/02/2007	S	1,200	D	\$ 41.1707	97,806	D
Class A Common Stock	04/02/2007	S	1,000	D	\$ 41.159	96,806	D

Class A Common Stock	04/02/2007	S	854	D	\$ 41.1476	95,952	D
Class A Common Stock	04/02/2007	S	1,200	D	\$ 41.1475	94,752	D
Class A Common Stock	04/02/2007	S	1,400	D	\$ 41.14	93,352	D
Class A Common Stock	04/02/2007	S	515	D	\$ 41.1389	92,837	D
Class A Common Stock	04/02/2007	S	1,261	D	\$ 41.1242	91,576	D
Class A Common Stock	04/02/2007	S	1,500	D	\$ 41.1213	90,076	D
Class A Common Stock	04/02/2007	S	873	D	\$ 41.1148	89,203	D
Class A Common Stock	04/02/2007	S	627	D	\$ 41.0622	88,576	D
Class A Common Stock	04/02/2007	S	1,000	D	\$ 41.0434	87,576	D
Class A Common Stock	04/02/2007	S	846	D	\$ 41.013	86,730	D
Class A Common Stock	04/02/2007	S	600	D	\$ 41.745	86,130	D
Class A Common Stock	04/02/2007	S	740	D	\$ 40.6954	85,390	D

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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

