

INGLES MARKETS INC INVESTMENT/PROFIT SHARING PLAN TRUST
 Form 4
 April 13, 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

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
 2913 US HIGHWAY 70 WEST
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
 04/11/2007

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

BLACK MOUNTAIN, NC 28711
 (City) (State) (Zip)

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

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 Indirect Ownership (Instr. 4)
				(A) or (D) Code V Amount (D) Price			
Class A Common Stock	04/11/2007		S	400 D \$ 40.9149	17,900	D	
Class A Common Stock	04/11/2007		S	400 D \$ 40.8225	17,500	D	
Class A Common Stock	04/11/2007		S	700 D \$ 40.7414	16,800	D	
Class A Common	04/11/2007		S	700 D \$ 40.0529	16,100	D	

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Stock							
Class A Common Stock	04/11/2007	S	1,000	D	\$ 40.075	15,100	D
Class A Common Stock	04/11/2007	S	1,000	D	\$ 40.07	14,100	D
Class A Common Stock	04/11/2007	S	1,000	D	\$ 40.0273	13,100	D
Class A Common Stock	04/11/2007	S	900	D	\$ 40.2977	12,200	D
Class A Common Stock	04/11/2007	S	1,500	D	\$ 40.0213	10,700	D
Class A Common Stock	04/11/2007	S	700	D	\$ 40.1137	10,000	D
Class A Common Stock	04/11/2007	S	1,500	D	\$ 40.0409	8,500	D
Class A Common Stock	04/11/2007	S	263	D	\$ 40.03	8,237	D
Class A Common Stock	04/11/2007	S	737	D	\$ 40.0385	7,500	D
Class A Common Stock	04/11/2007	S	880	D	\$ 40.0609	6,620	D
Class A Common Stock	04/11/2007	S	620	D	\$ 40.1216	6,000	D
Class A Common Stock	04/11/2007	S	1,000	D	\$ 40.058	5,000	D
Class A Common Stock	04/11/2007	S	620	D	\$ 40.0194	4,380	D
Class A Common Stock	04/11/2007	S	1,000	D	\$ 40.11	3,380	D

Class A Common Stock	04/11/2007	S	380	D	\$ 40.0753	3,000	D
Class A Common Stock	04/11/2007	S	900	D	\$ 40.1333	2,100	D
Class A Common Stock	04/11/2007	S	600	D	\$ 40.1573	1,500	D
Class A Common Stock	04/11/2007	S	800	D	\$ 40.2549	700	D
Class A Common Stock	04/11/2007	S	700	D	\$ 40.2086	0	D

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

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

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 Reporting Transaction (Instr. 6)
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares

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

04/12/2007

__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).

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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