

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

(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)  
 04/11/2007

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

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)
				(A) or (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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(9-02)

**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)
						Date Exercisable	Expiration Date	Title	Amount or Number of Shares
						Code	V (A) (D)		

## 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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