

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

OMB Number: 3235-0287
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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)
 03/30/2007

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

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

4. If Amendment, Date Original Filed(Month/Day/Year)
 04/04/2007

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 ⁽¹⁾	04/02/2007		S		700	D	\$ 40.77	118,430	D	
Class A Common Stock	04/02/2007		S		800	D	\$ 40.73	117,630	D	
Class A Common Stock	04/02/2007		S		1,000	D	\$ 40.45	116,630	D	
Class A Common	04/02/2007		S		400	D	\$ 41.15	116,230	D	

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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.

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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)
				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

04/16/2007

**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) The prices of certain trades made on April 2, 2007 were incorrect on the original Form 4 and all trades made on that date were as set forth in this amendment. Information regarding trades made on March 30, 2007 that were reported on the same form are not being amended.

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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