

INGLES MARKETS INC INVESTMENT/PROFIT SHARING PLAN TRUST  
 Form 4  
 December 16, 2005

**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)  
 12/14/2005

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 Ownership (Instr. 4) |
|---------------------------------|--------------------------------------|--|--------------------------------|---|--------------------|---|--|-----------------------------------|
|                                 |                                      |  |                                | Code  | V Amount (D) Price |   |  |                                   |
| Class A Common Stock            | 12/14/2005                           |  | S                              | 1,910   | D                  | \$ 16.3 46,168  | D  |                                   |
| Class A Common Stock            | 12/14/2005                           |  | S                              | 2,400   | D                  | \$ 16.31 43,768   | D  |                                   |
| Class A Common Stock            | 12/14/2005                           |  | S                              | 300   | D                  | \$ 16.34 43,468   | D  |                                   |
| Class A Common                  | 12/14/2005                           |  | S                              | 500   | D                  | \$ 16.4 42,968  | D  |                                   |

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|                            |            |   |       |   |             |        |   |
|----------------------------|------------|---|-------|---|-------------|--------|---|
| Stock                      |            |   |       |   |             |        |   |
| Class A<br>Common<br>Stock | 12/14/2005 | S | 700   | D | \$<br>16.42 | 42,268 | D |
| Class A<br>Common<br>Stock | 12/14/2005 | S | 590   | D | \$<br>16.44 | 41,678 | D |
| Class A<br>Common<br>Stock | 12/14/2005 | S | 1,900 | D | \$ 16.5     | 39,778 | D |
| Class A<br>Common<br>Stock | 12/14/2005 | S | 400   | D | \$<br>16.55 | 39,378 | D |
| Class A<br>Common<br>Stock | 12/14/2005 | S | 500   | D | \$<br>16.57 | 38,878 | D |
| Class A<br>Common<br>Stock | 12/14/2005 | S | 100   | D | \$<br>16.59 | 38,778 | D |
| Class A<br>Common<br>Stock | 12/14/2005 | S | 100   | D | \$<br>16.61 | 38,678 | D |
| Class A<br>Common<br>Stock | 12/14/2005 | S | 2,392 | D | \$<br>16.67 | 36,286 | D |
| Class A<br>Common<br>Stock | 12/14/2005 | S | 508   | D | \$<br>16.68 | 35,778 | D |
| Class A<br>Common<br>Stock | 12/14/2005 | S | 200   | D | \$<br>16.69 | 35,578 | D |
| Class A<br>Common<br>Stock | 12/14/2005 | S | 2,500 | D | \$<br>16.71 | 33,078 | 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)

