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

Form 13F

## FORM 13F COVER PAGE

Report for	the Calendar Year or Quarter	Ended:	MARCH 31, 2007					
	e if Amendment  _ ; Amendment endment (Check only one.):	Number:	_  is a restateme					
Institutio	onal Investment Manager Filing	this Rep	ort:					
Name: Address:	ALLSTATE LIFE INSURANCE COMP 3075 SANDERS ROAD, SUITE G4A NORTHBROOK, IL. 60062-7127							
Form 13F F	ile Number: 28-01037							
The institutional manager filing this report and the person by whom it is signed hereby represent that the person signing the report is authorized to submit it, that all information contained herein is true, correct and complete, and that it is understood that all required items, statements, schedules, lists, and tables, are considered integral parts of this form.								
Person Sig	ning this Report on Behalf of	Reportin	g Manager:					
Name: Title: Phone:	JAMES ZILS VICE PRESIDENT INVESTMENT OP 847-402-3073	ERATIONS						
Signature,	Place, and Date of Signing:							
	/s/ JAMES ZILS	NORTHB	ROOK, IL.	05/10/2007				
	/s/ JAMES ZILS [Signature]	[City	, State]	[Date]				
Report Type (Check only one.):								
	HOLDINGS REPORT. (Check here reported in this report.)	if all ho	ldings of this repo	rting manager				
	NOTICE. (Check here if no hol holdings are reported by othe			eport, and				
repo	COMBINATION REPORT. (Check he orting manager are reported in other reporting manager(s).)							
List of Other Managers Reporting for this Manager:								
FORM 13F SUMMARY PAGE								
Report Sum								
Number of	Other Included Managers:	0	NE					
Form 13F I	Information Table Entry Total:	7	1					
Form 13F I	information Table Value Total:	3	91,362 (THOUSAND)					
List of Ot	her Included Managers:							
institutio	numbered list of the name(s) onal investment managers with on the manager filing this repo	respect t						
[If there and list e	are no entries in this list, entries.]	state "NO	NE" and omit the co	lumn headings				
No. Fo	orm 13F File Number	Name						

ALLSTATE INVESTMENTS LLC

1

028-10298

## NAME OF REPORTING MANAGER: ALLSTATE LIFE INSURANCE COMPANY

NAME OF ISSUER	TITLE OF CLASS	CUSIP	VALUE (x\$1000)	SHARES/ PRN AMT		PUT/ CALL		OTHER MANAGERS	VOTING AUTHORITY SOLE SHARED NONE
DIAMOND OFFSHORE DRILLING INC	COMMON	25271C102	1,659	20,500	SH		DEFINED	1	Χ
DUKE ENERGY CORP	COMMON	26441C105	1,217	60,000			DEFINED	1	X
PPL CORPORATION REINSURANCE GROUP AMERICA INC	COMMON COMMON	69351T106 759351109	3,272 1,657	80,000 28,700			DEFINED DEFINED	1 1	X X
SVB FINANCIAL GROUP	COMMON	784860101	2,721	56,000			DEFINED	1	X
TRAVELERS PPTY CASUALTY	REDEEMABLE			,					
	P/S	89420G307	9,708	381,000	SH		DEFINED	1	Х
3M COMPANY 0% 11/21/2032	DEBT	88579YAB7	13,122	14,600,000	PRN		DEFINED	1	Χ
AFFILIATED MANAGERS GRP 2.793750%	DEDT	000050450	000	250 000	DDM		DEETNED	4	V
02/25/2033 ALLERGAN INC 1.500000% 04/01/2026	DEBT DEBT	008252AE8 018490AL6	932 3,143	350,000 3,000,000	PRN PRN		DEFINED DEFINED	1 1	X X
ALZA CORP 0% 07/28/2020	DEBT	02261WAB5	4,138	5,000,000	PRN		DEFINED	1	X
AMDOCS LIMITED .500000% 03/15/2024	DEBT	02342TAD1	5,764	5,750,000	PRN		DEFINED	1	X
AMERICAN FINANCIAL GROUP 1.486100% 06/02/2033	DEBT	025932AD6	4,700	8,000,000	PRN		DEFINED	1	Х
AMERICAN INTL GROUP .500000%			,						
05/15/2007 AMGEN INC .375000% 02/01/2013	DEBT DEBT	026874AN7 031162AQ3	2,597 1,800	2,650,000 2,000,000	PRN PRN		DEFINED DEFINED	1 1	X X
AON CORP 3.500000% 11/15/2012	DEBT	037389AT0	665	375,000	PRN		DEFINED	1	X
BEST BUY 2.250000% 01/15/2022	DEBT	086516AF8	7,840	7,000,000	PRN		DEFINED	1	X
BLACKROCK INC 2.625000% 02/15/2035	DEBT	09247XAB7	4,770	3,000,000	PRN		DEFINED	1	X
BRISTOL-MYERS SQUIBB 2.510000% 09/15/2023	DEBT	110122AN8	14,105	14,000,000	PRN		DEFINED	1	Χ
CAMERON INTL CORP 2.500000%									
06/15/2026 CARNIVAL CORP 1.132000% 04/29/2033	DEBT DEBT	13342BAB1 143658AV4	11,513 10,096	10,000,000 14,500,000	PRN PRN		DEFINED DEFINED	1 1	X X
CARNIVAL CORP 2.000000% 04/15/2021	DEBT	143658AN2	5,294	4,300,000	PRN		DEFINED	1	X
CENTERPOINT ENERGY INC 3.750000%	DEDT	45400TAMO	0.744	0 100 000	DDM		DEETNED	4	V
05/15/2023 CENTURYTEL INC 4.750000%	DEBT	15189TAM9	9,714	6,100,000	PRN		DEFINED	1	X
08/01/2032	DEBT	156700AH9	1,734	1,500,000	PRN		DEFINED	1	Χ
COOPER CAMERON CORP 1.500000% 05/15/2024	DEBT	216640AE2	1,389	750,000	PRN		DEFINED	1	Χ
COSTCO WHOLESALE CORP 0% 08/19/2017	DEBT	22160QAC6	391	320,000	PRN		DEFINED	1	X
CSX CORP 0% 10/30/2021	DEBT	126408GA5	11,125	7,800,000	PRN		DEFINED	1	X
DANAHER CORP 0% 01/22/2021	DEBT	235851AF9	9,868	9,500,000	PRN		DEFINED	1	X
DEVON ENERGY CORPORATION 4.900000% 08/15/2008	DEBT	25179MAA1	9,059	6,500,000	PRN		DEFINED	1	X
DEVON ENERGY CORPORATION 4.950000% 08/15/2008	DEBT	25179MAB9	1,533	1,100,000	PRN		DEFINED	1	Х
DOMINION RESOURCES INC 2.125000%	DEBI	2317 9MAD9	1,555	1,100,000	FKN		DELINED	1	^
12/15/2023 ELECTRONCIS FOR IMAGING 1.500000%	DEBT	25746UAT6	5,451	4,500,000	PRN		DEFINED	1	X
06/01/2023	DEBT	286082AA0	1,043	1,000,000	PRN		DEFINED	1	Χ
FISHER SCIENTIFIC INTL 3.250000% 03/01/2024	DEBT	338032AX3	6,763	E 000 000	PRN		DEETNED	1	Х
FLUOR CORP 1.500000% 02/15/2024	DEBT	343412AA0	8,944	5,000,000 5,500,000	PRN		DEFINED DEFINED	1	X
FOUR SEASONS HTL 1.875000%									
07/30/2024 GENZYME CORP 1.250000% 12/01/2023	DEBT DEBT	35100EAE4	2,408	2,000,000	PRN		DEFINED	1 1	X
HARRIS CORP 3.500000% 08/15/2022	DEBT	372917AN4 413875AH8	6,987 676	6,800,000 300,000	PRN PRN		DEFINED DEFINED	1	X X
HASBRO INC 2.750000% 12/01/2021	DEBT	418056AN7	3,131	2,350,000	PRN		DEFINED	1	X
HCC INSURANCE HOLDINGS 1.300000% 04/01/2023	DEBT	404132AB8	7,937	5,825,000	PRN		DEFINED	1	Х
HEALTH MANAGEMENT ASSOC 1.500000%	DEBT	404132AB0	1,951	3,023,000	FIXIN		DEI TINED	_	^
08/01/2023	DEBT	421933AF9	1,616	1,500,000	PRN		DEFINED	1	X
HENRY SCHEIN INC 3.000000% 08/15/2034	DEBT	806407AB8	461	350,000	PRN		DEFINED	1	Χ
HEWLETT-PACKARD CO 0% 10/14/2017	DEBT	428236AC7	3,953	5,500,000	PRN		DEFINED	1	X
INTEL CORP 2.950000% 12/15/2035	DEBT	458140AD2	3,330	3,850,000	PRN		DEFINED	1	X
IVAX CORP 4.500000% 05/15/2008 LABORATORY CORP AMERICA HOLDINGS	DEBT DEBT	465823AG7 50540RAG7	3,023 12,103	3,000,000 12,350,000	PRN PRN		DEFINED DEFINED	1 1	X X
LANDAMERICA FINANCIAL GR 3.125000%									
11/15/2033 LANDAMERICA FINANCIAL GR 3.250000%	DEBT	514936AB9	1,787	1,500,000	PRN		DEFINED	1	Х
05/15/2034	DEBT	514936AD5	1,460	1,000,000	PRN		DEFINED	1	X
LEHMAN BROTHERS HOLDINGS .250000% 05/08/2010	DEBT	524908FN5	1,440	1,500,000	PRN		DEFINED	1	Х
LIBERTY MEDIA CORP 3.250000%	DEBT	3249001 N3	1,440	1,300,000	FIXIN			_	^
03/15/2031 LOCKHEED MARTIN CORP 3.018130%	DEBT	530715AR2	1,673	2,000,000	PRN		DEFINED	1	Х
08/15/2033	DEBT	539830AP4	11,089	8,000,000	PRN		DEFINED	1	Χ
LOWE'S COMPANIES INC .861000% 10/19/2021	DEBT	548661CG0	10,163	9,250,000	PRN		DEFINED	1	Х
MANOR CARE INC 2.125000%			,						
08/01/2035	DEBT	564055AM3	11,684	9,200,000	PRN		DEFINED	1	X
MEDIMMUNE INC 1.375000% 07/15/2011 MEDTRONIC INC 1.625000% 04/15/2013	DEBT DEBT	584699AG7 585055AM8	1,228 3,579	1,000,000 3,500,000	PRN PRN		DEFINED DEFINED	1 1	X X
MERRILL LYNCH & CO 0% 03/13/2032	DEBT	590188W46	10,916	9,000,000	PRN		DEFINED	1	X
MYLAN LABORATORIES INC 1.250000%									
03/15/2012 NABORS INDUSTRIES INC 0%	DEBT	628530AG2	2,675	2,500,000	PRN		DEFINED	1	X
06/15/2023	DEBT	629568AL0	1,028	1,000,000	PRN		DEFINED	1	X
NEXTEL COMMUNIC OMNICOM GROUP 0% 07/01/2038	DEBT DEBT	65332VAY9 681919AT3	9,677 9,116	9,750,000 8,500,000	PRN PRN		DEFINED DEFINED	1 1	X X
PRUDENTIAL FINANCIAL INC 1.988750%	·	55-510/10	-, -10	2,000,000	. 1314		11450	-	••

11/15/2035	DEBT	744320AC6	3,496	3,400,000	PRN	DEFINED	1	Х
RPM INTERNATIONAL INC. 1.389000%								
05/13/2033	DEBT	749685AK9	3,715	5,850,000	PRN	DEFINED	1	Χ
SCHLUMBERGER LIMITED 2.125000%								
06/01/2023	DEBT	806857AD0	1,058	600,000	PRN	DEFINED	1	X
SLM CORP 3.110630% 07/25/2035	DEBT	78442PAC0	9,960	10,000,000	PRN	DEFINED	1	Χ
TEVA PHARMACEUT FIN BV .375000%								
11/15/2022	DEBT	88164MAB4	1,740	1,000,000	PRN	DEFINED	1	X
TEVA PHARMACEUT FIN BV 1.750000%			,	, ,				
02/01/2026	DEBT	88165FAA0	2,918	3,000,000	PRN	DEFINED	1	X
TEVA PHARMACEUT FIN LLC .250000%			,	, ,				
02/01/2024	DEBT	88164RAB3	4,218	3,700,000	PRN	DEFINED	1	Х
TJX COMPANIES INC 0% 02/13/2021	DEBT	872540AL3	6,750	7,500,000	PRN	DEFINED	1	Х
TRANSOCEAN INC 1.500000%			-,	, ,				
05/15/2021	DEBT	893830AD1	7,313	6,250,000	PRN	DEFINED	1	Х
TYCO INTL GROUP SA 3.125000%			,	.,,				
01/15/2023	DEBT	902118BG2	11,466	7,800,000	PRN	DEFINED	1	Х
WALT DISNEY COMPANY 2.125000%			,	, ,				
04/15/2023	DEBT	254687AU0	11,483	9,500,000	PRN	DEFINED	1	Х
WELLS FARGO COMPANY 4.898750%			,	., ,				
05/01/2033	DEBT	949746FA4	11,721	11,750,000	PRN	DEFINED	1	Х
WYETH 2.390000% 01/15/2024	DEBT	983024AD2	14,660	13,750,000	PRN	DEFINED	1	Х
			,				_	
"STOCK"		6	20,234	626,200				
DEBT		65	371,127	339,720,000				
REPORT TOTALS		71	391,362	340, 346, 200				
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